

Fitness Class Schedule

Fall (August 31, 2009 - Dec. 31, 2009) Classroom A Classroom B

	MON	TUE	WED	THUR	FRI
9:15 - 10:00am	T'ai Chi Movement Improvement <i>Peg</i>		T'ai Chi Movement Improvement <i>Peg</i>		
10:00 - 11:00am	Vigor, Tone & Mightier Bone <i>Peter</i>		Vigor, Tone & Mightier Bone <i>Peter</i>		Vigor, Tone & Mightier Bone <i>Hanna</i>
12:45am - 1:45pm		Yoga <i>Jeri</i>		Yoga <i>Jeri</i>	
5:00 - 6:00pm	Yoga <i>Adena</i>	Pilates (Sept & Dec Only) <i>Angela</i>	Yoga <i>Adena</i>		
5:30 - 6:30pm		T'ai Chi Movement Improvement (Oct & Nov Only) <i>Mark</i>		T'ai Chi Movement Improvement <i>Mark</i>	
5:45 - 6:45pm	PlyoCircuit <i>Natalie</i>		PlyoCircuit <i>Natalie</i>		
7:00 - 8:00pm	TaeKwonDo <i>Dan</i>				

NOTE: Fitness classes are included FREE of charge with your CFHL membership.

Those who are eligible for CFHL memberships, but who are not members, can attend classes by paying a \$5 drop-in fee.

When Our Class Times Don't fit Your Schedule ~ Try one of our aerobic tapes!!!

Aerobic tapes are a great alternative to classes, when our schedule doesn't fit yours.

Choose a workout that works for you!

[Class Description](#)

[Class Policy](#)

[Fitness Video Tape Description](#)

Printable

[2009 Fall Schedule](#)

[2009 Winter/Spring Schedule](#)

[2009 Summer Schedule](#)

Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu

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