

Fitness Class Schedule

Fall (August 30 - Dec 31, 2010) Classroom A Classroom B

	MON	TUE	WED	THR	FRI	Sat
9:00 - 9:45am			T'ai Chi Movement Improvement <i>Pat</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>	
12:00 - 1:00pm						Yoga <i>Jeri</i>
5:00 - 6:00pm	*Zumba <i>Kady</i>	Pilates <i>Natalie</i>	Yoga <i>Jeri</i>	*Zumba <i>Kady</i>	Pilates <i>Natalie</i>	Yoga <i>Jeri</i>
6:00 - 7:00pm		PlyoCircuit <i>Natalie</i>		PlyoCircuit <i>Natalie</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

- [2010 Fall Schedule](#)
- [2010 Summer Schedule](#)
- [2010 Winter/Spring Schedule](#)

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