

## NEW! BODY ALIVE

Tuesdays and Thursdays at 10:30

Upbeat exercise program that utilizes strength, core, cardio and stretching aimed at achieving a healthy, fit body and lifestyle. (WOMEN ONLY)

## NEW! HEALTHY JOINTS

Wednesdays at 10:30

Exercise program focused on improving joint health, range of motion, flexibility and overall fitness. (WOMEN ONLY)

## SIT AND GET FIT

Mondays and Thursdays at 11:30

Low-impact class focused on getting the body moving and improving independence. (WOMEN ONLY)

## BETTER BALANCE

Mondays at 10:30 (WOMEN ONLY)

Tuesdays and Wednesdays at 11:30 (WOMEN ONLY)

Thursdays at 1:00 (MEN ONLY)

Designed to improve balance, fall prevention and overall strength and flexibility.

## MEN'S H.I.I.T. CLASS

Tuesdays and Thursdays at 9:00

A 30-minute, high-intensity interval class, interspersing brief bouts of exertion (using treadmill and weights) with brief rest intervals. (MEN ONLY)

## OPEN GYM

Offering a range of strength and cardio equipment for independent use. A professional personal trainer is present to answer questions and provide guidance at all times.

Also available by reservation/request:

Health assessment with individual exercise prescription; in-depth one-on-one personal training; blood pressure and glucose monitoring.

# FITNESS CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-10:00 am <b>Open Gym for MEN</b> Josh / 2nd floor	7:00-10:00 am <b>Open Gym for MEN</b> Josh / 2nd floor	7:00-11:00 am <b>Open Gym for MEN</b> Josh / 2nd floor	7:00-10:00 am <b>Open Gym for MEN</b> Josh / 2nd floor	7:30 – 9:30 am <b>Open Gym for WOMEN</b> Ewa / 2nd floor
10:00 am – 1:00 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor	9:00- 9:30 am <b>H.I.I.T. Class for MEN</b> Josh / 2nd floor	10:30 – 11:15 am <b>Healthy Joints</b> Ewa / 1st floor	9:00- 9:30 am <b>H.I.I.T. Class for MEN</b> Josh / 2nd floor	10:00 - 11:00 am <b>Open Gym for MEN</b> Josh / 2nd floor
10:30 – 11:15 am <b>Better Balance WOMEN</b> Josh / 1st floor	10-11:30 am <b>Rock Steady Boxing PP</b> Josh / 2nd floor	11:30 am – 12:15 <b>Better Balance WOMEN</b> Josh / 1st floor	10-11:30 am <b>Rock Steady Boxing PP</b> Josh / 2nd floor	11:00 am – 12:00 pm <b>Open Gym for WOMEN</b> Josh / 2nd floor
11:30 am – 12:15 <b>Sit &amp; Get Fit</b> Ellyn / 1st floor	10:30 – 11:15 am <b>Body Alive</b> Ewa / 1st floor	11:30 – 1:00 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor	10:30 – 11:15 am <b>Body Alive</b> Ewa / 1st floor	12:00 – 1:00 pm <b>Open Gym for MEN</b> Josh / 2nd floor
1:00 – 2:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor	11:30 am – 12:15 <b>Better Balance WOMEN</b> Josh / 1st floor	1:00 – 2:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor	11:30 am – 12:15 <b>Sit &amp; Get Fit</b> Ellyn / 1st floor	
2:00 – 3:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor	11:30 – 1:00 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor	2:00 – 3:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor	11:30 – 1:00 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor	
3:00 – 4:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor	1:00 – 2:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor	3:00 – 4:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor	1:00 – 2:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor	
	2:00 – 3:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor		1:00 – 2:00 pm <b>Better Balance for MEN</b> Ewa / 1st floor	
	3:00 – 4:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor		2:00 – 3:00 pm <b>Open Gym SR MEN</b> Josh / 2nd Floor	
	7:30-9:30 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor		3:00 – 4:00 pm <b>Open Gym SR WOMEN</b> Josh / 2nd Floor	
				<b>SUNDAY</b>
				7:30-9:30 pm <b>Open Gym for WOMEN</b> Ewa / 2nd floor