



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WOMEN'S FITNESS CENTER WINTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Conditioning- Harwood Room 5:30-6:00am	Strength and Resistance Errah 8:00-9:00am	Core Conditioning- Harwood Room 5:30-6:00am	Strength and Resistance Amanda 8:00-9:00am	Strength and Resistance Wendy 8:00-9:00am	Strength and Resistance Katie/Gail 8:00-8:45am
Strength and Resistance Amanda 8:00-9:00am	Prenatal Yoga Margie 9:00-10:00am	Strength and Resistance Sheri 8:00-9:00am	Prenatal Yoga Margie 9:00-10:00am	Strength and Resistance Susan 9:00-10:00am	
Strength and Resistance Susie 9:00-10:00am	Strength and Resistance Laura 10:20-11:20am	Strength and Resistance Susie 9:00-10:00am	Strength and Resistance Laura 10:20-11:20am		
Simply Fit Sara 10:15-11:00am		Simply Fit Sara 10:15-11:00am			
Simply Strength Joyce 11:00-Noon		Simply Strength Jan 11:00-Noon		Simply Strength Jan 11:00-Noon	
Strength and Resistance Lisa 4:30-5:15pm		Strength and Resistance Lisa 4:30-5:15pm			
Pilates I Susan 5:30-6:15pm	Strength and Resistance Gail 5:30-6:15pm	Pilates I Susan 5:30-6:15pm	Strength and Resistance Joyce 5:30-6:15pm		

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