Cornell Wellness Healthy Living Program

Group Exercise Classes
August 21 – December 15 2017

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>8:10-8:45 am Spinning Shelly</td>
<td>8:10-8:50 am Zumba® Gold Ginny</td>
<td>9:00-9:45 am Ripples Laurie HNH Pool*</td>
<td>9:00-9:45 am Ripples Debbie HNH Pool*</td>
<td>9:00-10:30 am Restorative Yoga Rachel</td>
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<tr>
<td>9:00-9:50 am Strength Training Shelly</td>
<td>9:00-9:45 am Ripples Laurie HNH Pool*</td>
<td>9:00-10:20 am Iyengar Yoga Lisa</td>
<td>10:00-10:50 am Barre Kimberly</td>
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<td>10:00-10:45 am Power H.I.I.T Keri Appel Commons FC*</td>
<td>10:00-11:00 am Muscle Pump Debbie</td>
<td>10:30 – 11:15 am Pilates Liz HNH Classroom*</td>
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<td>11:15-12:00 am TRX Diogo HNH Classroom*</td>
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Recreation/Wellness Membership and CU ID card are required to attend
*All classes are held in Helen Newman Hall dance studio unless otherwise noted
No Classes: September 4th, November 23, November 24

Questions, please contact: Keri Johnson
Kaj84@cornell.edu