

Cornell Wellness

Group Exercise Classes

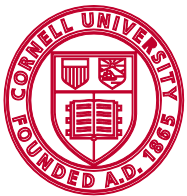
August 26 – December 20

Monday	Tuesday	Wednesday	Thursday	Friday
		8:10-8:50 am Zumba® Gold Carol		8:10-8:50 am Zumba® Gold Carol
9:00-9:45 am Strength Training Keri	9:00-9:45 am Ripples Laurie HNH Pool*	9:00-10:20 am Iyengar Yoga Lisa	9:00-9:45 am Ripples Jenn HNH Pool*	9:00-9:45 am Hydro Therapy Self-Instructioned HNH Pool*
10:00-11:15 Restorative Yoga Maya *Starts September 9th	10:00-11:00 am Pilates Jenn		10:00-10:50 am Barre Kimberly	9:00-10:00 am Power Hiit Keri Appel Fitness*
				9:00-10:20 am Restorative Yoga Jenn

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: 07/04/19



Cornell University

Questions, please contact:

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