

Cornell Wellness

Group Exercise Classes

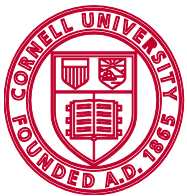
May 28 – August 16

| 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 Hydro Therapy Self-Instructed HNH Pool* | 9:00-9:45 am Ripples Laurie HNH Pool* | 9:00-9:45 am Hydro Therapy Self-Instructed HNH Pool* | 9:00-9:45 am Ripples Keri HNH Pool* | 9:00-9:45 am Hydro Therapy Self-Instructed HNH Pool* |
| 9:00-10:00 am Strength Training Shelly | | 9:00-10:20 am Iyengar Yoga Lisa | | 9:00-10:00 am Power Hiit Keri Appel Fitness* |
| | 10:00-11:00 am Pilates Jenn | | 10:00-10:50 am Barre Kimberly | 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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