

# Cornell Wellness Healthy Living Program

## Group Exercise Classes

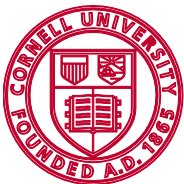
### August 21 – December 15 2017

Monday	Tuesday	Wednesday	Thursday	Friday
8:10-8:45 am <b>Spinning</b> Shelly		8:10-8:50 am <b>Zumba® Gold</b> Ginny		8:10-8:50 am <b>Zumba® Gold</b> Ginny
9:00-9:50 am <b>Strength Training</b> Shelly	9:00- 9:45 am <b>Ripples</b> Laurie HNH Pool*	9:00-10:20 am <b>Iyengar Yoga</b> Lisa	9:00- 9:45 am <b>Ripples</b> Debbie HNH Pool*	9:00-10:30 am <b>Restorative Yoga</b> Rachel
10:00-10:45 am <b>Power H.I.I.T</b> Keri Appel Commons FC*	10:00-11:00 am <b>Muscle Pump</b> Debbie	10:30 – 11:15 am <b>Pilates</b> Liz HNH Classroom*	10:00-11:00 am <b>Barre</b> Kimberly	
	11:15-12:00 am <b>TRX</b> Diogo HNH Classroom*			
4:30-5:15 pm <b>Sit &amp; Be Fit</b> Keri Appel Commons*		4:30-5:15 pm <b>Strength &amp; Balance</b> Keri Appel Commons*		

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 4<sup>th</sup>, November 23, November 24**



Cornell University

Questions, please contact:  
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