

# Cornell Wellness Healthy Living Program

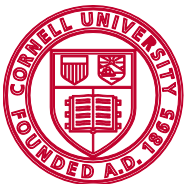
## Group Exercise Classes

### May 29 – August 10, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		8:10-8:50 am <b>Zumba® Gold</b> Carol		8:10-8:50 am <b>Zumba® Gold</b> Carol
9:00-10:00 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*	9:00-10:20 am <b>Restorative Yoga</b> Rachel
10:15-11:00 am <b>Power H.I.I.T</b> Keri Appel Fitness*	9:00-10:20 am <b>Restorative Yoga</b> Rachel	10:35-11:30 <b>Gym Fit</b> Keri HNH Fitness Center*	10:00-10:50 am <b>Barre</b> Kimberly	
	10:40-11:40 am <b>Pilates</b> Liz HNH Classroom*			

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: May 28, July 4, August 11-August 19**

Questions, please contact:  
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