


Women's Fitness Center Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Strength and		Strength and		
6:30 a.m.		Resistance		Resistance		
7:00a.m.						
8:00 a.m.	Strength and	Lenghthen and	Strength and	Lenghthen and	Strength and	Strength and
8:30 a.m.	Resistance	Strengthen	Resistance	Strengthen	Resistance	Resistance
9:00 a.m.	Strength and	BODYVIVE	Strength and	BODYVIVE	Strength and	
9:30 a.m.	Resistance		Resistance		Resistance	
10:00 a.m.	Pilates/yoga		Pilates/Yoga		Pilates/Yoga	
10:20 a.m.	Fusion	Strength and	Fusion	Strength and	Fusion	
11:00 a.m.	Strength and	Resistance	Strength and	Resistance	Strength and	
11:20 a.m.	Resistance		Resistance		Resistance	
Noon		Pilates		Pilates		
1:00 p.m.		Express		Express		
4:30 p.m.	Strength and		Strength and			
5:00 p.m.	Resistance		Resistance			
5:15 p.m.						
5:30 p.m.	Pilates I	Strength and	Pilates I	Strength and		
6:00 p.m.		Resistance		Resistance		
6:15 p.m.						
6:30 p.m.		Belly Dance				
7:00 p.m.						
7:30 p.m.		Belly Dance				
8:00 p.m.						
8:30 p.m.						

Winter