

Group Exercise

SPRING 2012 Faculty/Staff Only Classes

Aqua Zumba, Pilates, Tai Chi, Yoga
and Zumba **Cost: FREE!**

Zumba and Aqua Zumba classes will begin the week of **Monday, 1/23** and will end the week of 4/31. Pilates, Yoga, and Tai Chi will begin the week of **2/13** and are scheduled to end at various times near the end of the semester.

CLASS	DAY, TIME & Location	START DATE	END DATE
Aqua Zumba	THU 12:00 pm A&E Pool	1/26	5/3
Pilates	TUE 1:00 pm Fitness Center	2/14	4/24
Tai Chi	MON 12:00 pm Fitness Center	2/13	4/24
Yoga	WED 1:00 pm FRI 1:00 pm Fitness Center	2/15 2/17	4/25 4/27
Zumba	TUE 12:00 pm Fitness Center	1/24	5/1

PILATES This mind-body approach to exercise will produce optimal strength, flexibility, and posture

YOGA- Experience how yoga can lengthen and tone your muscles, improve balance and flexibility, and

TAI CHI The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health.

