



Spring 2012 Wellness Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-1pm Power Pilates CAP 20	12-1pm: Power Train Roger, CAP 20	12-1pm: Body Sculpt CAP 20	12:00-1pm: Yoga Moray , CAP 20	12-1pm Yoga Barb, CAP 20	9:15am-10:15am Express Sculpt <u>NON PE</u> Chris & Lisa, CAP 20
		1:00-2:00pm Tai Chi	5:30-6:30pm: Pilates CAP 20		10:15am-11:15am Hatha Yoga <u>NON PE</u> Moray CAP 20
		4:30-5:30pm Qigong	5:30-6:30pm: Beginner Yoga Lauren, CAP 20		
5:30-6:30pm Tai Chi	5:30-6:30pm: Zumba Megan, NO CAP	5:15-6:15pm Hatha Yoga Erin,CAP 20	5:30-6:30pm: Zumba Megan, NO CAP		
5:30-6:30pm: Yoga Moray, CAP 20	5:30-6:30pm Pilates Marina, CAP 20	5:30-6:30pm Boot camp CAP 20	6:30-7:30pm: Indoor Cycling CAP 14	5:30-6:30: Beginner Indoor Cycling <u>NON PE</u> Chris	
6:30 -7:30 pm Indoor Cycling Chris &Lisa, CAP 14	6:30-7:30pm Cardio Kickboxing Marina, CAP 20	6:30-7:30pm Cycle-n- Sculpt, CAP 14	6:30-7:30pm: Intermediate Yoga Lauren (RC) CAP 20		

In Varsity Gym
In Jacobus
In Racquetball Court
In Walker Gym
<u>NON PE</u> class, no PE credit offered for this class, but it is open to everyone

****All Classes are \$50.00 and run for 10 weeks ****

****Students are allowed two missed classes on the third missed class they fail the course. No exceptions!!****

All courses subject to cancellation based on enrollment

For more information contact: Aliyah Reid at Areid@stevens.edu