

Fitness Week
January 8-11, 2018
MVCC Jorgensen Center

Health and Wellness Classes

Monday, January 8

Pilates	5:00-5:45 pm	Gym 115	Kathy
Yoga Abs	6:00-6:30 pm	Gym 115	Linda
Yoga Sculpt & Tone	6:45-7:30 pm	Gym 115	Linda
Tai Chi	5:30-6:15 pm	Gym 202	Al

Tuesday, January 9

Yoga for Health & Wellness	5:15 -6:00 pm	Gym 115	Carolyn
Yoga Flex and Flow	6:15-7:00 pm	Gym 115	Linda
Strengthen Sculpt and Tone	7:15-8:00 pm	Gym 115	Linda
Burn & Sculpt	5:15-6:00 pm	Gym 202	Lori
Qi Gong	6:15-7:00 pm	Gym 202	Carolyn

Wednesday, January 10

Lifefit Yoga	5:30-6:15 pm	Gym 115	Kathy
Breathe & De-stress Yoga	7:00-7:45 pm	Gym 115	Andree
Turbo Kick	5:15-6:00 pm	Gym 202	Lorraine
POUND	6:15-7:00 pm	Gym 202	Lorraine

Thursday, January 11

Core de Force	5:30-6:00 pm	Gym 115	Heather
Intro to Animal Flow	6:15-7:00	Gym 115	Juliana
Strengthen Sculpt and Tone	7:15-8:00 pm	Gym 115	Linda
'Cize Live	6:15-7:00 pm	Gym 202	Lorraine
Self Defense for Women	7:15-8:00 pm	Gym 202	Kathleen & Rachel

Water Exercise Classes

Monday, January 8

Water Aerobics	9:00-10:00 am	Pool
Water Running	10:00-11:00 am	Pool

Wednesday, January 10

Water Aerobics	9:00-10:00 am	Pool
Water Running	10:00-11:00 am	Pool
Water Running	5:00-6:00 pm	Pool
Water Aerobics	6:00-7:00 pm	Pool