

Fitness Week
January 7-10, 2019
MVCC Jorgensen Center

Health and Wellness Classes

Monday, January 7

Pilates	5:00-5:45 pm	Gym 115
Yoga Butt	6:00-6:30 pm	Gym 115
Yoga Flex & Flow	6:45-7:30 pm	Gym 115

Tai Chi	5:30-6:15 pm	Gym 202
Self Defense	6:30-7:15 pm	Gym 202

Tuesday, January 8

Burn & Sculpt	5:15-5:45 pm	Gym 115
Yoga for Health & Wellness	6:00 -6:45 pm	Gym 115
Qi Gong	7:00-7:45 pm	Gym115

Zumba	5:15-6:00 pm	Gym 202
Yoga Abs	6:15-6:45 pm	Gym 202
Strengthen Sculpt and Tone	7:00-7:45 pm	Gym 202

Wednesday, January 9

Lifefit Yoga	5:30-6:15 pm	Gym 115
--------------	--------------	---------

Thursday, January 10

Revitalization Yoga	5:30-6:30 pm	Gym 115
Strengthen Sculpt and Tone	7:00-7:45 pm	Gym 115

Water Exercise Classes

Monday, January 7

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

Wednesday, January 9

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