

Winter/Spring Schedule

January 9th - May 18th

Day	Month	Time	Class	Room	Instructor
MONDAYS	Jan. 9 - May 14	12:00 - 1:00	Olympic Weight Lifting	Ground Floor HSC - Near Human Performance Lab	Brian
	Jan. 9 - May 14	5:15 - 6:15	Beginners/Intermediate Pilates	John Jones 1-2-3	Danette
	Jan. 9 - May 14	5:15 - 6:15	Beginners Boot Camp	Chestnut Ridge Gym	Linda
TUESDAYS	Jan. 10 - May 15	5:15 - 6:15	Beginners/Intermediate Yoga	John Jones 1-2-3	Erin
	Jan. 10 - May 15	5:15 - 6:15	The Weight Game©	Ruby Conf. Rm 7/8	Kerissa
	Jan. 10 - May 15	5:15 - 6:15	Power Pump/Toning	Chestnut Ridge Gym	Jade
WEDNESDAYS	Jan. 11 - May 16	12:00 - 1:00	Olympic Weight Lifting	Ground Floor HSC - Near Human Performance Lab	Brian
	Jan. 11 - May 16	12:00 - 1:00	Yoga At Lunch	John Jones 1-2-3	Stephanie
	Jan. 11 - May 16	5:15 - 6:15	Advanced Pilates	John Jones 1-2-3	Danette
	Jan. 11 - May 16	5:15 - 6:15	Beginners Boot Camp	Chestnut Ridge Gym	Linda
THURSDAYS	Jan. 12 - May 17	5:15 - 6:15	Advanced Yoga	John Jones 1-2-3	Erin
	Jan. 12 - May 17	5:15 - 6:15	The Weight Game©	Ruby Conf. Rm 7/8	Kerissa
	Jan. 12 - May 17	5:15 - 6:15	Zumba	Chestnut Ridge Gym	Emmy
Clinical Program					
Monday	Jan. 16	8:00 a - 12:00p	Dr. Dean Ornish Program	Ruby Conf. Rm 9/Initial 12 week program	Ornish Staff
Thursday	Jan. 19 - Feb. 9	4:30p - 6:30p	Eat Well for Life	John Jones Room C	Ornish Staff
Tuesdays	Feb. 7 - Mar. 13	4:30p - 6:30p	Spectrum	John Jones C	Ornish Staff