

WellWorks

FALL QUARTER 2009

September 8 – November 24

MONDAY

6:30-7:30 AM	Multi Level	STEP/STRENGTH	Kay
12:00-1:00 PM	Multi Level	POWER STRENGTH	Beth
12:00-1:30 PM	Level II	IYENGAR YOGA	Barbara
5:30-6:30 PM	Level II	PILATES	Kris
5:30-6:30 PM	Multi Level	SPIN	Jackie

TUESDAY

9:15-10:15 AM	Multi Level	SPIN	Jennifer
12:00-1:00 PM	Level II	PILATES <i>(Begins Sept. 15)</i>	Darcy
5:30-6:30 PM	Multi Level	STRONG STEP	Chris
5:00-6:30 PM	Multi Level	IYENGAR YOGA	Margie

WEDNESDAY

6:30-7:30 AM	Multi Level	STEP/STRENGTH	Kay
12:00-1:00 PM	Multi Level	POWER STRENGTH	Darlene
12:00-1:30 PM	Level I	IYENGAR YOGA	Barbara
5:30-6:30 PM	Multi Level	SPIN	Paul

THURSDAY

9:15-10:15 AM	Multi Level	SPIN	Heidi
5:30-6:30 PM	Multi Level	ZUMBA	Kay

FRIDAY

6:30-7:30 AM	Multi Level	SPIN	Cathy/Jen
9:15-10:15 AM	Level I	PILATES	Kay
12:00-1:00 PM	Multi Level	POWER STRENGTH	Erica
6:00-8:00 PM	Multi Level	TENNIS (Rain Cancels)	Greg

SATURDAY

9:15-10:15 AM	Multi Level	STRONG STEP	Chris
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SUNDAY

3:00-4:00 PM	Multi Level	SPIN	Paul
2:30-4:00	New Beginner	YOGA <i>(Sept. 20 – Nov. 8)</i>	Margie
4:00-5:30 PM	Multi Level	IYENGAR YOGA	Margie

WellWorks

SPINNING PASSES NO LONGER NEEDED!!!

WORKSHOPS

New Beginner Spin Workshop Saturday, September 19 11:00 am
No experience required. Cost is free.

Free Sub Max Heart Rate Test Saturday, September 12, 11:00 am

New Beginner Yoga with Margie begins September 20- November 8,
2:30 – 4:00 pm. Please register at the Front Desk.

All Yoga Classes held in Room E216

Pilates Classes for Monday and Tuesday held in Room E216

Pilates Class for Friday held in Room E114

All Fitness/Spinning Classes held in Room E114

DON'T FORGET! Sign in for each and every class you attend with your first, last name and member ID#. Please write legibly. These attendance records are used for planning classes!

VISITORS must pay a \$5 visitor fee at the front desk and obtain a yellow pass card to attend class.

DATES CLOSED:

November 25	Close at 6 pm	November 26-27	Thanksgiving
December 23	Close at 6 pm	December 24-26	Christmas
December 31	Close at 6 pm	January 1	New Years

Class Descriptions available online at www.ohio.edu/wellworks

Hours of Operation:

Monday – Thursday 5:45 am – 9:00 pm
Friday 5:45 am – 8:00 pm
Saturday & Sunday 9:00 am – 6:00 pm

New Child Care Hours:

Monday, Wednesday, Saturday 9:00 – 11:00 am
Tuesday & Thursday 4:30 – 6:30 pm