



WINTER INTERSESSION 2009  
November 30 – December 23

**MONDAY**

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6:30-7:30 AM	Multi Level	STEP/STRENGTH	Kay
12:00-1:00 PM	Multi Level	POWER STRENGTH	Erica
5:30-6:30 PM	Multi Level	SPIN	Jennifer

**TUESDAY**

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9:15-10:15 AM	Multi Level	SPIN	Heidi
5:30-6:30 PM	Multi Level	STRONG STEP	Chris
5:00-6:30 PM	Multi Level	IYENGAR YOGA	Margie

**WEDNESDAY**

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12:00-1:00 PM	Multi Level	POWER STRENGTH	Darlene
12:00-1:30 PM	Multi Level	IYENGAR YOGA	Barbara
5:30-6:30 PM	Multi Level	SPIN	Paul

**THURSDAY**

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5:30-6:30 PM	Multi Level	ZUMBA	Kay
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**There are no Fitness/Spin/Yoga classes scheduled from  
December 26 – January 3.**



**REMEMBER...Just because your favorite class isn't offered during the Intersession doesn't necessarily mean it will not be back in the Winter Quarter.**

**Register now for New Beginner Yoga with Barbara in the Winter Quarter. Beginning January 16. Sign up at the front desk now.**

**Register now for a 90 minute Spin with Paul. This will be an aerobic base building steady state training class focusing on maintaining a steady heart rate of 65-80% of max, working up and down hills and challenging flat roads.**

**This class will be on January 24 at 3:00 pm. Sign up at front desk. Cost is \$5.**

**All Yoga Classes held in Room E216**

**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. Please have exact cash.

**DATES CLOSED:**

December 24-25 Christmas  
January 1 New Years Day

**Class Descriptions** available online at [www.ohio.edu/wellworks](http://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