## INSTRUCTIONAL FITNESS CLASSES

### FALL 2018

Please click on a class to register

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 9:30 - 11 am  
50’s Plus  
MULTIPURPOSE ROOM | 9:30 - 10:30 am  
50’s Plus Aqua  
POOL | 9:30 - 11 am  
50’s Plus  
MULTIPURPOSE ROOM | 9 - 10:15 am  
Stretch & Strength For Mature Adults  
MULTIPURPOSE ROOM | 10:30 - 11:30 am  
Women’s Only Dynamic Kickboxing  
ROOM 2404 |
| 12 - 12:50 pm  
Learn to Skate  
SKATING RINK | | 1:45 - 2:45 pm  
Barre Burn  
COMBATIVES ROOM | | 10:30 - 11:30 am  
Women’s Only Dynamic Kickboxing  
COMBATIVES ROOM |
| 1 - 1:50 pm  
Advanced Recreational and Figure Skate  
SKATING RINK | | 2:45 - 4 pm  
Modern Jazz  
COMBATIVES ROOM | | 11:30 - 1 pm  
Women’s Only Intermediate Dynamic Kickboxing  
COMBATIVES ROOM |
| 2 - 3:30 pm  
Ballet  
COMBATIVES ROOM | 2:30 - 3:30 pm  
Let’s Raqs  
MULTIPURPOSE ROOM | 4 - 5 pm  
Dancer’s Stretch  
COMBATIVES ROOM | | 1 - 2:30 pm  
Women’s Only Traditional Kung Fu For Strength & Self-Defense  
COMBATIVES ROOM |
| 6 - 7:30 pm  
Kickboxing & Muay Thai  
COMBATIVES ROOM | 6:30 - 7:30 pm  
Belly Dance  
MULTIPURPOSE ROOM | 5 - 6 pm  
Burlesque  
COMBATIVES ROOM | 5:30 - 6:30 pm  
Hip Hop  
MULTIPURPOSE ROOM | |
| 7:30 - 9 pm  
Argentine Tango  
COMBATIVES ROOM | 6:30 - 8:30 pm  
Shorinji Kan Jiu Jitsu  
ROOM 2404 | 6 - 7:30 pm  
Kickboxing & Muay Thai  
COMBATIVES ROOM | 6:30 - 8:30 pm  
Shorinji Kan Jiu Jitsu  
ROOM 2404 | |
| 7:30 - 9 pm  
Dynamic Street Self Defense & Fitness  
MULTIPURPOSE ROOM | 7:30 - 8:30 pm  
Stretch & Strength for Mature Adults  
MULTIPURPOSE ROOM | 7:30 - 9 pm  
Traditional Combat Kung Fu & Weapons  
MULTIPURPOSE ROOM | 7:30 - 8:30 pm  
Stretch & Strength for Mature Adults  
MULTIPURPOSE ROOM | |

No classes are scheduled Monday, October 8th (Thanksgiving)