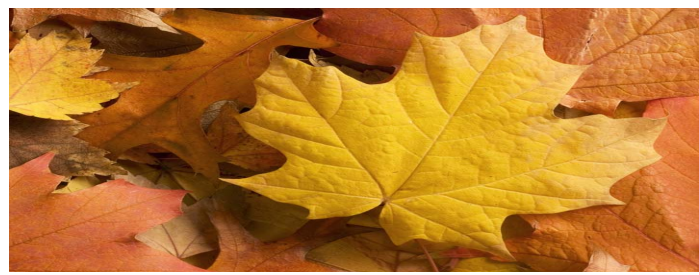


State Employee Wellness Center

September



Group Fitness Class Schedule

*All Classes labeled in black are included in the membership package. Those in color are sold on a punch card basis. For descriptions of classes, see the Class Descriptions link off the main Wellness Center Website!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 1 NO CLASSES Happy Labor Day! | 2 12:00 pm - 12:45 pm C & CC (Cardio & Core Circuit) (Jill) | 3 12:00 pm - 12:45 pm Bodies Under Construction (Jill) 5:30 pm - 6:30 pm* Hatha Yoga (Shelli) | 4 11:30 am - 12:15 pm* Power Yoga (Robyn) 12:30 pm - 1:15 pm Capitol Club (Jill) | 5 12:00 pm - 12:20 pm Arms and Abs (Jill) 12:20 pm - 12:40 pm Legs and Back (Jill) |
| 8 12:15 pm - 1:00 pm Advanced Weight Training (Jill) | 9 12:00 pm - 12:45 pm C & CC (Cardio & Core Circuit) (Jill) | 10 12:00 pm - 12:45 pm Bodies Under Construction (Jill) 5:30 pm - 6:30 pm* Hatha Yoga (Shelli) | 11 11:30 am - 12:15 pm* Power Yoga (Robyn) 12:30 pm - 1:15 pm Capitol Club (Jill) | 12 12:00 pm - 12:20 pm Arms and Abs (Jill) 12:20 pm - 12:40 pm Legs and Back (Jill) |
| 15 12:15 pm - 1:00 pm Advanced Weight Training (Mollie) | 16 12:00 pm - 12:45 pm C & CC (Cardio & Core Circuit) (Mollie) | 17 12:00 pm - 12:45 pm Bodies Under Construction (Mollie) 5:30 pm - 6:30 pm* Hatha Yoga (Shelli) | 18 11:30 am - 12:15 pm* Power Yoga (Robyn) 12:30 pm - 1:15 pm Capitol Club (Mollie) | 19 12:00 pm - 12:20 pm Arms and Abs (Mollie) 12:20 pm - 12:40 pm Legs and Back (Mollie) |
| 22 12:15 pm - 1:00 pm Advanced Weight Training (Mollie) | 23 12:00 pm - 12:45 pm C & CC (Cardio & Core Circuit) (Mollie) | 24 12:00 pm - 12:45 pm Bodies Under Construction (Mollie) 5:30 pm - 6:30 pm* Hatha Yoga (Shelli) | 25 11:30 am - 12:15 pm* Power Yoga (Robyn) 12:30 pm - 1:15 pm Capitol Club (Mollie) | 26 12:00 pm - 12:20 pm Arms and Abs (Mollie) 12:20 pm - 12:40 pm Legs and Back (Mollie) |
| 29 12:15 pm - 1:00 pm Advanced Weight Training (Jill) | 30 12:00 pm - 12:45 pm C & CC (Cardio & Core Circuit) (Jill) | Wellness Center Hours 5:30am-6:30pm Monday-Friday 8:00am-12:00pm Saturday | | |