



















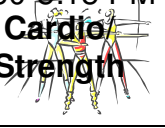


## Healthy You Fitness Center – Cedar Crest Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM <b>Cardio/ Strength</b> 	5:30-6:30 AM <b>Cardio/ Strength</b> 		5:30-6:30 AM <b>Strength</b> 		
9:15- 10:15 AM <b>Yodates</b>	9:15-10:00 AM 		9:15-10:15 AM <b>Yodates</b>		9:00-10:00 AM <b>Boot Camp</b> 
4:30-4:45 PM <b>Abs</b> 		4:30-5:15 PM <b>Strength</b> 	4:30-5:15 PM 		
4:45-5:15 PM <b>Cardio</b> 					
5:15-5:30 PM <b>Abs</b> 	5:15-6:00 PM <b>Yoga/Pilates</b> 	5:15-6:00 PM 	5:15-6:00 PM <b>Yoga/Pilates</b> 		
5:30-6:00 PM <b>Cardio</b> 					
6:00-6:45 PM 				6:00-7:00 PM <b>Gym Class</b> **	
			7:15-8:15 PM <b>Ballroom Dancing**</b>	7:00-8:00 PM <b>Ballroom Dancing**</b>	

**\*\* = Session Class (Registration is required. To register, call 402-CARE)**

**Effective 10/3/09**

## Healthy You Fitness Center – Muhlenberg Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30 PM <b>Yoga</b> 	4:30-5:15 PM <b>Cardio Strength</b> 	4:30-5:15 PM <b>Core Strength</b> 	4:30-5:15 PM <b>Cardio Strength</b> 		
	5:15-5:30 PM <b>Abs</b> 		5:15-5:30 PM <b>Abs</b> 		

**\*\* = Session Class (Registration is required. To register, call 402-CARE)**

**Effective 10/3/09**