





Healthy You Fitness Center – Cedar Crest Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM Cardio/ Strength 	5:30-6:30 AM Strength 		5:30-6:30 AM Cardio/ Strength 		
9:15- 10:15 AM Yodates	9:15-10:00 AM 		9:15-10:15 AM Yodates		9:00-10:00 AM BOOT CAMP 
4:30-5:15 PM Cardio Cross Training		4:30-5:15 PM Strength 	4:30-5:15 PM 		
5:15-6:00 PM BOOT CAMP 	5:15-6:00 PM Yoga/Pilates 	5:15-6:00 PM 	5:15-6:00 PM Yoga/Pilates 		
6:00-6:45 PM 		6:00-6:45 PM Mother-Daughter 		6:00-7:00 PM Gym Class **	
			7:15-8:15 PM Ballroom Dancing**	7:00-8:00 PM Ballroom Dancing**	

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

Effective 1/4/10

Healthy You Fitness Center – Muhlenberg Group Fitness Schedule

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

Effective 1/4/10