

## DBRC Wellness Classes - Summer 2009

*May 4th - August 21st*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>12:00pm- 1:00pm</b>	<b>Strength Training</b> Carolyn (Weight Room)		<b>Strength Training</b> Carolyn (Weight Room)		<b>Strength Training</b> Carolyn (Weight Room)
	<b>Strength-Core-Flexibility</b> Renee (Multi-Purpose Room)		<b>Strength-Core-Flexibility</b> Renee (Multi-Purpose Room)		<b>Strength-Core-Flexibility</b> Renee (Multi-Purpose Room)
<b>4:30pm-5:25pm</b>	<b>Step</b> Sherry		<b>Step</b> Sherry		
<b>5:30pm- 6:30pm</b>	<b>Kickboxing</b> Renee	<b>Hatha Yoga</b> Joy	<b>Kickboxing</b> Renee	<b>Hatha Yoga</b> Joy	
<b>6:30pm- 7:30pm</b>	<b>Yoga-tude</b> Anne	<b>Yoga w/Weights</b> (6:30-7:00pm) Joy	<b>Yoga-tude</b> Anne		

**\*\*The MPR will be closed and ALL classes will be CANCELED  
from May 18th-22nd due to the NCAA Track Meet\*\***

\*\*Weight Room & Track will be also be CLOSED on the following dates for special programs or holidays:

May 20th-23rd - NCAA Track Meet

May 25th - Memorial Day

July 3rd-5th - Fourth of July

**\*Personal Training & Fitness Center Orientations are also available!!! Ask at the front desk!!**