

Crestview's Fitness Schedule

September – December 2009

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--------------------|--------------------------------------|--------------------|--------------------------------------|--------------------|---------------------|
| 8am-9am | | | | | | Weekend Yoga |
| 10am-11am | Gentle Yoga | Gentle Yoga | Gentle Yoga | Gentle Yoga | Friday Yoga | |
| 12noon-1pm | Noon Yoga | | Noon Yoga | | | |
| 5:30-6:30pm | | Easy Does It Yoga | | Easy Does It Yoga | | |
| 6-7pm | Toning | Step Aerobics/ Kickboxing | Toning | Step Aerobics/ Kickboxing | Toning | |

Weekend Yoga: Yoga for the person who is too busy during the week to participate in an evening class. Mimi will provide instruction in easing joint pain, arthritis, and other techniques. **Instructor: Mimi**

Gentle Yoga: Join us for a relaxing start to your weekday morning. Mimi will take you through a yoga routine that will increase your energy and put a smile on your face. **Instructor: Mimi and Judy**

Friday Yoga: Finish your week with a relaxing last morning workout. Start the weekend on a positive note!! **Instructor: Kathy**

Easy Does It Yoga: This class is designed for new students to yoga, but once you register, you'll be hooked and back session after session. This exercise will help ease joint pain, and improve arthritis, breathing and circulation. This class will also make you more alert and aware. **Instructor: Mimi**

Noon Yoga: Relieve stress by joining us for gentle yoga poses to increase strength and flexibility with the added benefit of incorporating meditation and breath. **Instructor: Georgia**

Toning: This class is designed to tone your upper body, abs, hips, and thighs. This challenging class will really help you boost fitness goals. **Instructor: Nicole**

Step Aerobics: This class will be a great way to get fit and have fun. The class format will feature a warm-up, workout, cool-down, mats and weights and periodic handouts on nutrition. **Instructor: Nicole**