

## Crestview's Fitness Schedule

January 3 – May 27, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8am-9am</b>						<b>Weekend Yoga</b>
<b>10am-11am</b>	<b>Gentle Yoga</b>	<b>Gentle Yoga</b>	<b>Gentle Yoga</b>	<b>Gentle Yoga</b>	<b>Friday Yoga</b>	
<b>12noon-1pm</b>	<b>Noon Yoga</b>		<b>Noon Yoga</b>			
<b>5:30-6:30pm</b>		<b>Easy Does It Yoga</b>		<b>Easy Does It Yoga</b>		
<b>6-7pm</b>	<b>Toning</b>	<b>Step Aerobics/ Kickboxing</b>	<b>Toning</b>	<b>Step Aerobics/ Kickboxing</b>		
<b>7:15-8:15</b>	<b>Monday Night Yoga</b>		<b>Shadow Boxing</b>			

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 and Judy**

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**

Monday Night Yoga: Get ready for Monday Night Yoga. Have fun and relax with this evening class for all levels. **Instructor: Mimi**

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. **Instructor: Charlene**

Shadow Boxing: A fun and unique cardio workout. Full body exercise with no contact! **Instructor: Laura**