<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>7:00 - 7:30 AM</td>
<td>SUMMER 6-PACK (30) - Christina</td>
<td>SUMMER 6-PACK (30) - Christina</td>
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<tr>
<td>10:00 - 10:50 AM</td>
<td>SILVER SNEAKERS - Rissie</td>
<td>GENTLE YOGA - Rissie</td>
<td>SILVER SNEAKERS - Rissie</td>
<td>GENTLE YOGA - Rissie</td>
<td>SILVER SNEAKERS - Rissie</td>
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<tr>
<td>5:00 - 5:30 PM</td>
<td>30 MINUTE ABS (30) - Blair</td>
<td>GENTLE YOGA - Rissie</td>
<td>30 MINUTE ABS (30) - Blair</td>
<td>30 MINUTE ABS (30) - Blair</td>
<td>30 MINUTE ABS (30) - Blair</td>
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<tr>
<td>6:30 - 7:20 PM</td>
<td>LION PUMP - Eryn</td>
<td>LION PUMP - Kayla</td>
<td>LION PUMP - Eryn</td>
<td>LION PUMP - Kayla</td>
<td>LION PUMP - Kayla</td>
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<tr>
<td>2:00 - 2:50 PM</td>
<td>TAI CHI - Kazumi</td>
<td>30 MINUTE ABS (30) - Blair</td>
<td>TAI CHI - Kazumi</td>
<td>30 MINUTE ABS (30) - Blair</td>
<td>30 MINUTE ABS (30) - Blair</td>
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<td>5:00 - 5:50 PM</td>
<td>TAI CHI - Kazumi</td>
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<tr>
<td>6:00 - 6:25 PM</td>
<td>MEDITATION (30) - Kayla</td>
<td>MEDITATION (30) - Kayla</td>
<td>GROUP CYCLING - Eryn</td>
<td>GROUP CYCLING - Eryn</td>
<td>GROUP CYCLING - Eryn</td>
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<td>7:30 - 8:20 PM</td>
<td>GROUP CYCLING - Eryn</td>
<td>LATIN DANCE - Vivian</td>
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<td>8:00 - 8:50 AM</td>
<td>WEIGHT LIFTING - Daniel</td>
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<td>12:30 - 1:15 PM</td>
<td>KETTLEBELL - Nick</td>
<td>KETTLEBELL - Nick</td>
<td>KETTLEBELL - Nick</td>
<td>KETTLEBELL - Nick</td>
<td>KETTLEBELL - Nick</td>
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<tr>
<td>5:15 - 6:15 PM</td>
<td>WATER AEROBICS - Donna</td>
<td>WATER AEROBICS - Donna</td>
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**Upcoming Events:**

- 4/11/18 : Functional Fitness
- 4/18/18 : Sensory Deprivation Therapy
- 4/25/18 : Wearable Tech & Healthcare

**Kinesiology Pool Hours:**

- Mon. & Wed: 12:30pm - 1:30pm
- Tues. & Thurs: 6:30am - 7:30am
- Mon. - Thurs: 3:30pm - 8:00pm
- Saturday: 1:00pm - 5:00pm
- Sunday: 4:00pm - 7:00pm

NRM 4/9/2018
Class Descriptions

30 MINUTE ABS – NEW TO THE PENNINGTON! This class focuses on your body's core muscles while getting a great workout. Your Abs & Back are fundamental to a strong body and muscle stability! (50 min)

DANCE – NEW TO THE PENNINGTON! Come enjoy a fun workout by moving to the beat and "cutting a rug." Our various dance classes will get you up and moving while on the dance floor! Try all 4 varieties of our Cardio dance classes. (50 min)

GENTLE YOGA – Sit down or grab a mat! This Yoga class uses methods that can be used either in a chair or on a mat. Relax in an all-level yoga class while strengthening and stretching your body. (50 min)

GROUP CYCLING – This class is a great non-impact, cardio workout! Work through flat roads, climbing hills, and intervals to get your heart pumping. (50 min)

KETTLEBELL – NEW TO THE PENNINGTON! Unlock your potential with this total body workout! Build strength, muscular endurance, and cardiovascular benefits by using kettlebells. Learn the technique and proper form of swings, sumo squats and much more. (45 min)

LION PUMP – A full body workout that is instructed in a circuit format. Using body weight, steps, and dumbbells to build strength, burn fat and have fun! (50 min)

MEDITATION – This mind/body class pairs well with Yoga and relaxation. Let yourself shed away the stressors of everyday life in this mindful-meditation class. (30 min)

OLYMPIC BARBELL - This class covers the fundamentals of Olympic lifts from squats to cleans and everything in between. No experience needed! Grab a bar and perfect your technique! (50 min)

SILVER SNEAKERS– A class of muscular strength, endurance, and range of movement. It is a multi-level, equipment based class that takes participants through a variety of exercises using dumbbell weights, elastic tubing with handles, and a ball. (50 min)

SUMMER 6-PACK - NEW TO THE PENNINGTON! Get ready for Summer with this core blasting class! Add stability to your core while increasing muscular endurance. Workout your Abs, Back, and Oblique's to get tank-top season ready. Open to all fitness levels. (30 min)

TAI CHI– Use Ancient Martial art moving meditations to improve coordination, body awareness, balance and strengthen your legs while increasing circulation all at the same time. (50 min)

WEIGHT LIFTING - Get your workout of the day (WOD) with this introductory weight lifting class in the weight room. Learn the fundamentals of different exercises and add more weight and/or repetitions to make a more challenging workout. (50 min)

WATER AEROBICS – This workout builds strength and cardiovascular endurance while putting minimal stress on your joints in a pool setting. All swimming levels are welcome! (50 min)

YOGA: Level 1 – This class covers the fundamental movements of Yoga that strengthen and stretch the body. Paired with Meditation, these classes will provide a complete mind/body experience. All experience levels welcomed! (30 min)

YOGA: Level 2 – This mind/body class strengthens, tones and stretches the body while being able to relax and summon mindfulness. All experience levels welcomed! (50 min)