**MONDAY/WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class / Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00a-7:00a</td>
<td>Zumba Toning/ Cindy</td>
<td>225</td>
</tr>
<tr>
<td>11:00a-12:00p</td>
<td>Silver Sneakers/Rebecca</td>
<td>228</td>
</tr>
<tr>
<td>2:00p-3:00p</td>
<td>Tai Chi/Rob</td>
<td>228</td>
</tr>
<tr>
<td>5:00p-6:00p</td>
<td>Pilates/Haley**</td>
<td>228</td>
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<tr>
<td>5:00p-6:00p</td>
<td>Core &amp; More/Rod **(M only)</td>
<td>225</td>
</tr>
<tr>
<td>6:00p-7:00pm</td>
<td>NEW! Yoga/Kelsey**</td>
<td>228</td>
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</tbody>
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**TUESDAY/THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class / Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6:00a-7:00a</td>
<td>Step &amp; Tone/Cindy</td>
<td>225</td>
</tr>
<tr>
<td>7:00a-8:00a</td>
<td>Beginning Tai Chi/Rob</td>
<td>225</td>
</tr>
<tr>
<td>5:00p-6:00p</td>
<td>Body Blast/Addison**</td>
<td>228</td>
</tr>
<tr>
<td>6:00p-7:00p</td>
<td>NEW! Core &amp; More/Rod** (Th Only)</td>
<td>225</td>
</tr>
<tr>
<td>6:00p-7:00p</td>
<td>Chi Fit/ Lindsay* *(Th Only)</td>
<td>228</td>
</tr>
<tr>
<td>7:00p-8:00p</td>
<td>Beginning Tai Chi/Rob</td>
<td>225</td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class / Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6:00a-7:00a</td>
<td>Zumba Toning/Cindy</td>
<td>225</td>
</tr>
<tr>
<td>11:00a-12:00p</td>
<td>Silver Sneakers/Daria</td>
<td>225</td>
</tr>
<tr>
<td>1:00p-2:00p</td>
<td>Faculty &amp; Staff/ Daria</td>
<td>228</td>
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**Water Aerobics**

**M-Th @ 5:15pm**

**KHS POOL**

**Did that Group X class work up an appetite? Stop by PRIDE CAFÉ on your way out for nutritious and delicious post workout food!**

**Schedule is valid from August 20th, to December 4th, 2015**

**Classes must have 5 participants to be conducted.**

**Participants are to arrive on time for the class, and we ask that you do not leave early.**

**Must have Group X Class Pass to enter class; sign in next to the number on your pass.**

**Schedule is subject to change without notice.**

**Participate at your own risk.**

**Water only is allowed; it must be in a clear container. For Cycling, it is mandatory.**

**PENNINGTON STUDENT ACTIVITY HOURS**

Monday-Thursday: 5:30a-10:00p  
Friday– 5:30a-7:00p  
Saturday– 12:00p-7:00p  
Sunday– 4:00p-10:00p

**KINESOLOGY POOL HOURS**

Monday-Thursday: 4:00pm-9:00pm  
Monday/Wednesday– 12:30pm-1:30pm  
Tuesday/Thursday/Friday– 6:00am-7:30am  
Sunday– 4:00pm-7:00pm

**PRIDE CAFÉ’ HOURS**

Monday– Thursday: 6:00a-9:00p  
Friday– 6:00a-6:00p  
Saturday– 1:00p-6:00p  
Sunday– 5:00p-9:00p

**** Denotes a class pass is required

**Advanced TAI CHI immediately following Beginning TC on Tuesday’s!**

**CREATED: AUGUST 14TH, 2015 updated: 9/28/15**
GROUPX Class descriptions

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

WATER AEROBICS – Go through an aerobic workout that is usually done on land but taught in shallow water! (50 min)

ZUMBA TONING – Combine the cardio moves from ZUMBA with slightly weighted sticks to give yourself a more toning workout! (50 min)

BEGINNING TAI CHI – Same as the description above; but on for beginners who are new to Tai Chi. (50 min)

CHI FIT – Teaches Qi (chi) Gong, which is the medical aspect of tai chi that deals with how you think, how you move, and how you eat. Qi Gong focuses on strengthening the body from the inside out and emphasizes deep breathing. (50 min) *Class pass is required.

PILATES – A blend of balance, breathing and body weight to increase flexibility and strength. Let your mind take a break with this class! (50 min) *Class pass is required.

BODY BLAST – A full body workout that is instructed in a circuit format using hand weights, elastic tubing, steps, with minimal cardio. Get toned all over with this class! (50 min) *Class pass is required.

CORE & MORE – A combination of cardio and weights, and body weight where each class will target something different! Abs/back, legs, arms – each class will be different! (50 min) *Class pass is required.

STEP & TONE – This class uses a step to complete a lower body workout to tone those troublesome areas! (50 min)

F/S (FACULTY & STAFF) – Exclusive to Faculty and Staff only, this once a week class is for members of the Pennington and Non-Members to preview our wonderful facility. Each week it is something different! Classes include: yoga, stretching, high impact aerobics, low impact aerobics, Zumba, cycling and more! Non members are only allowed access to take this class. (50 min)

I:30 (Interval:30) – This instructional class combines cardio, plyometrics, Olympic lifting, for all fitness levels that works multiple muscle groups simultaneously. Trial period is from August 19th – September 11th, 2015. Register at the Membership Desk. Classes start on the hour, a class pass is required. Commitment fee of $100/semester for Students; $150/semester for Faculty/Staff/Pennington Members. (50 min) This class is held in the 3rd Racquetball court on the first floor.

I:30 Class Schedule
Monday: 6:00am, 7:00am, 4:00pm-7:00pm
Tuesday: 6:00am, 7:00am, 4:00pm-7:00pm
Wednesday: 6:00am, 7:00am, 4:00pm-7:00pm
Thursday: 6:00am, 7:00am, 4:00pm-7:00pm
Friday: 11:00am