<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
</table>
| **CoreFit**            | **NEW: Chair Massages** (Every other Tuesday)  
12:00 - 1:00pm  
Bannockburn J102  
**REGISTRATION REQUIRED**  
Contact: Nicole Collins | 12:15 - 12:45pm  
1215 Sproul Hall  
Contact: Linda Sanada | **CoreFit**  
1:30 - 2:00pm  
Physics Building, 3rd floor reading room 3035  
Contact: Derek Beving | **GetFit**  
12:15 - 12:45pm  
Bannockburn J102  
Contact: Penni Ebina |                                                            |
| **StretchWell**        | **NEW: StretchWell**  
7:00 - 7:30am  
The Barn  
Contact: Patricia Sorokowski | **CoreFit**  
12:05 - 12:35pm  
C&C building, room 155  
Contact: Charlene Chan |                                                            | **NEW StretchWell**  
12:15 - 12:45pm  
Pierce Hall  
Contact: Katie Smith |                                                            |
| **Combo - GetFit/CoreFit**  
12:15 - 12:45pm  
Anderson Hall Basement room 021  
Contact: William (Bill) Manes | **GetFit**  
12:15 - 12:45pm  
Registrar Student Services Building, Room 2201  
Contact: Melinda Miller | **Combo— GetFit/CoreFit**  
12:15 - 12:45pm  
Anderson Hall basement, room 021  
Contact: William (Bill) Manes |                                                            |                                                            |
| **Belly Dancing**      | **CoreFit**  
1:30 - 2:00pm  
Physics Building, 3rd Floor reading room 3035  
Contact: Derek Beving |                                                            |                                                            |                                                            |                                                            |
| **CoreFit**            | **NEW Combo: CoreFit/StretchWell**  
10:00 - 10:30am  
SRC MPR C  
Contact: Jescelyn Villarreal |                                                            |                                                            |                                                            |                                                            |
| **NEW StretchWell**    |                                                            |                                                            |                                                            |                                                            |                                                            |

**Mobile Fit Menu**

**GetFit**
A great total body workout that incorporates cardiovascular training and resistance training in one complete workout.

**CoreFit**
Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries.

**StretchWell**
This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day.

For more information please contact, Nicole Collins at (951) 827-5082 or email nicole.collins@ucr.edu.