<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| CoreFit 12:15 - 12:45pm Physics Building, 3rd Floor Reading room 3035  
Contact: Derek Beving | NEW: Chair Massages (Every other Tuesday) 12:00 - 1:00pm Bannockburn J102  
REGISTRATION REQUIRED  
Contact: Nicole Collins | StretchWell 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 - 12:45 Bannockburn J102  
Contact: Penni Ebina |
| NEW StretchWell 12:15 - 12:45pm Taps Conference Room  
Contact: Lauren Green | NEW: StretchWell 7:00 - 7:30am The Barn  
Contact: Patricia Sorokowski | CoreFit 12:05 - 12:35pm C&C building, room 155  
Contact: Charlene Chan | GetFit 12:15 - 12:45pm Registrar Student Services Building, 2201  
Contact: Melinda Miller | NEW StretchWell 12:15 - 12:45pm  
Pierce Hall 1418  
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 12:15 - 12:45pm Bannockburn J102  
Contact: Penni Ebina | CoreFit 1:30 - 2:00pm Physics Building, 3rd Floor reading room 3035  
Contact: Derek Beving | NEW Combo: CoreFit/StretchWell 10:00 - 10:30am  
SRC MPR C  
Contact: Jesceylin Villarreal | | StretchWell 12:15 - 12:45pm  
HR, University Village, Suite 207  
Contact: Nicole Collins |
| CoreFit 12:05 - 12:50pm C&C building, room 155  
Contact: Charlene Chan | Combo - GetFit/CoreFit 12:15 - 12:45pm  
College bldg. north, room 205  
Contact: Joy Ashburn | Hula 12:15 - 12:45pm Bannockburn J102  
Contact: Cassie Taan | | |
| NEW: StretchWell 8:00am - 8:30am Lobby of Student Health  
Contact: Sarah Dillon | | | | |

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.