

MobileFit Summer 2017 Schedule

June 26 to * @September 1

Day	Time	Location	Class Type	Instructor	Contact Person
Monday	12:15 – 12:45 pm	Physics Building, 3 rd Floor Reading, Room, 3035	CoreFit	Yadira	Bonnie Maynard
Monday	12:15 – 12:45 pm	Human Resources, University Village, Suite 207	Stretch Well	Amber	Julie Chobdee
Monday	12:05 – 12:35 pm	Computing and Communication Building, Room 121	CoreFit	David	Charlene Chan
Monday	12:15 – 12:45 pm	Bannockburn, Room J102	Belly Dancing	Professor Sweeney	Penni Ebina
Tuesday	12:15 – 12:45 pm	Anderson Hall basement, Room 021	Combo	Sherry	Bill Manes
Tuesday	12:15 – 12:45 pm	College Building North, Room 205	Combo Get Fit/ Core Fit	David	Joy Ashburn
Tuesday	12:15 – 12:45 pm	Registrar Student Services Building, Room 2201	Get Fit	Yadira	Melinda Miller
Tuesday	1:30 – 2:00 pm	Physics Building, 3 rd Floor Reading, Room, 3035	CoreFit	Ginger	Bonnie Maynard
Tuesday	7:00am – 7:30am	The Barn	StretchWell	Sherry	Patricia Sorokowski
Wednesday	12:15 – 12:45 pm	Bannockburn I, classroom 2	Hula	Maria	Cassie Taan
Wednesday	12:15 – 12:45 pm	Sproul Hall, Room 1215	Stretch Well	Ruby	Linda Sanada
Wednesday	12:05 – 12:35 pm	Computing and Communication Building, Room 121	Core Fit	Amber	Charlene Chan
Thursday	12:15 – 12:45 pm	Bannockburn, Room J102	StretchWell	Gerardo	Penni Ebina
Thursday	12:15 – 12:45 pm	Anderson Hall basement, Room 021	Combo	Sherry	Bill Manes
Thursday	1:30 – 2:00 pm	Physics Building, 3 rd Floor Reading, Room, 3035	CoreFit	Ginger	Bonnie Maynard
Friday	12:15 – 12:45 pm	Bannockburn, Room J102	Get Fit	Ruby	Penni Ebina
Friday	12:15 – 12:45 pm	Registrar Student Services Building, Room 2201	Get Fit	Sara	Melinda Miller

Mobile Fit Menu

Get Fit

A great total body workout that incorporates cardiovascular training and resistance training in one complete workout. Are you ready for this total body challenge?

Core Fit

Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries. Learn how to stay strong and centered at work or at home.

Stretch Well

This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day. Stretch your way to better health and learn ways to relax and combat stress and lethargy experienced during the workday.