

Fall 2017 Schedule
 September 25 - December 8

Monday	Tuesday	Wednesday	Thursday	Friday
CoreFit 12:15 - 12:45pm Physics Building, 3rd Floor Reading room 3035 <i>Contact: Derek Beving</i>	NEW: Chair Massages (Every other Tuesday) 12:00 - 1:00pm Bannockburn J102 REGISTRATION REQUIRED <i>Contact: Nicole Collins</i>	StretchWell 12:15 - 12:45pm 1215 Sproul Hall <i>Contact: Linda Sanada</i>	CoreFit 1:30 - 2:00pm Physics Building, 3rd floor reading room 3035 <i>Contact: Derek Beving</i>	GetFit 12:15 - 12:45 Bannockburn J102 <i>Contact: Penni Ebina</i>
StretchWell 12:15 - 12:45pm HR, University Village, Suite 207 <i>Contact: Nicole Collins</i>	NEW: StretchWell 7:00 - 7:30am The Barn <i>Contact: Patricia Sorokowski</i>	CoreFit 12:05 - 12:35pm C&C building, room 155 <i>Contact: Charlene Chan</i>		GetFit 12:15 - 12:45pm Registrar Student Services Building, 2201 <i>Contact: Melinda Miller</i>
Combo - GetFit/CoreFit 12:15 - 12:45pm Anderson Hall Basement room 021 <i>Contact: William (Bill) Manes</i>	GetFit 12:15 - 12:45pm Registrar Student Services Building, Room 2201 <i>Contact: Melinda Miller</i>	Combo- GetFit/CoreFit 12:15 - 12:45pm Anderson Hall basement, room 021 <i>Contact: William (Bill) Manes</i>		NEW StretchWell 12:15 - 12:45pm Pierce Hall <i>Contact: Katie Smith</i>
Belly Dancing 12:15 - 12:45pm Bannockburn J102 <i>Contact: Penni Ebina</i>	CoreFit 1:30 - 2:00pm Physics Building, 3rd Floor reading room 3035 <i>Contact: Derek Beving</i>	NEW Combo: CoreFit/ StretchWell 10:00 - 10:30am SRC MPR C <i>Contact: Jescelyn Villarreal</i>	<div style="background-color: #4a86e8; color: white; padding: 10px;"> <p style="text-align: center;">Mobile Fit Menu</p> <p>GetFit A great total body workout that incorporates cardiovascular training and resistance training in one complete workout.</p> <p>CoreFit Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries.</p> <p>StretchWell This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day.</p> </div>	
CoreFit 12:05 - 12:45pm C&C building, room 155 <i>Contact: Charlene Chan</i>	Combo - GetFit/CoreFit 12:15pm - 12:45pm College bldg. north, room 205 <i>Contact: Joy Ashburn</i>	Hula 12:15 - 12:45pm Bannockburn J102 <i>Contact: Cassie Taan</i>		
NEW StretchWell 12:15 - 12:45pm Taps Conference Room <i>Contact: Lauren Green</i>	NEW: StretchWell 8:00am - 8:30am Lobby of Student Health <i>Contact: Sarah Dillon</i>			