

# kellogg fitness center daily classes

| MONDAY                     | TUESDAY                   | WEDNESDAY                  | THURSDAY                   | FRIDAY                     |
|----------------------------|---------------------------|----------------------------|----------------------------|----------------------------|
| 8am – Indoor Walking Class | 8am –Indoor Walking Class | 8am – Indoor Walking Class | 8am - Indoor Walking Class | 8am – Indoor Walking Class |
| 9am – Exercise Class       | 8:55am - Chair Yoga       | 9am – Exercise Class       | 8:55am - Chair Yoga        | 9am - Exercise Class       |
| 9am - Water Aerobics       | 9am - Water Aerobics      | 9am - Water Aerobics       | 9am - Water Aerobics       | 9am - Water Aerobics       |
| 10am - Water Aerobics      | 10am - Water Aerobics     | 10am - Water Aerobics      | 10am - Water Aerobics      | 10am - Water Aerobics      |
| 10am - Yoga                | 12pmTOPS Weight Loss      | 12:30pm - Zumba            | 10am - Chair Tai Chi       | 1pm - Bell Chimes Class    |
| 12pm - Dynamic Drumming    | 1pm - Meditation Class    | 2pm - Water Aerobics       | 11am - Balance Class       | 2pm - Water Aerobics       |
| 2pm - Water Aerobics       | 2pm - Water Aerobics      | 4pm - Group Bike Ride      | 2pm - Water Aerobics       | 4pm - Group Bike Ride      |
| 4pm - Group Bike Ride      | 2pm - Balance Class       |                            | 4pm - Group Bike Ride      |                            |
|                            | 4pm - Group Bike Ride     |                            |                            |                            |
|                            | 5pm -Hula Dancing         |                            |                            |                            |

## Gym & Pool Hours 6am-10pm