<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise Class</th>
<th>Description</th>
<th>Reference #, Date, Time, and Location</th>
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</thead>
</table>
| Monday      | **New Time! The Zone with Eli - $18** | This class involves a trainer-directed approach incorporating exercises that will lead you into your heart rate training zone. Exercises will combine abdominal training, lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor, available at the Wellness Center. | Ref #: 742632  
Date: 10/29 – 12/10  
Time: 12:30 – 1:30 pm  
Location: G208       |
|             | **Yoga All Levels with Marlene - $18** | Basic and intermediate Yoga techniques that will help you improve balance and flexibility while decreasing stress. This class combines a sequence of briefly held poses to teach you about proper physical alignment, breathing techniques and the benefits of each pose. Stretch, strengthen, and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health. | Ref #: 742635  
Date: 10/29 – 12/10  
Time: 5:00 – 6:00 pm  
Location: G208       |
|             | **New! Zumba Tone with Karina - $18** | When it comes to body sculpting with Latin dance moves, Zumba Toning is the answer! It combines targeted body-sculpting exercises and high-energy cardiovascular workout with Latin-infused Zumba moves creating a calorie burning, strength-training dance fitness. Students will learn how to use lightweight dumbbells to enhance rhythm and tone all their target zones (including arms, abs, gluts and thighs). | Ref #: 742636  
Date: 10/30 – 12/4  
Time: 12:00 – 1:00 pm  
Location: G208       |
|             | **New Time! Cross Training with Eli - $18** | This class encourages circuit style organization by combining muscular endurance, agility, balance and cardiovascular exercise incorporated in various training modalities to improve overall body performance. The class pace varies from moderate to high intensity levels for effective weight loss, improved muscular tone, stamina and countless health benefits. Instructor will lead drill exercises using boxing bags, target mitts, weight logs, agility ladders, kettlebells, power ropes, medicine balls, body weight and other fitness coached activities. Class will utilize building and campus structures to vary intensity of the training. | Ref #: 742637  
Date: 10/23 – 11/27  
Time: 1:05 – 2:05 pm  
Location: G208       |
|             | **Yogalates with Lazaro - $18** | This class combines the movements of Yoga and Pilates in one. Benefits include enhancing your flexibility and stress reduction, while improving overall body and mid region (core) strength. | Ref #: 742638  
Date: 10/23 – 11/27  
Time: 4:50 – 5:50 pm  
Location: G208       |
|             | **The Zone with Eli - $18** | This class involves a trainer directed approach incorporating exercises that will lead you into your heart rate training zone. Exercises include a combination of lunges, squats, steps, dumbbells, and resistant bands. Participants will be encouraged to wear a heart rate monitor, available at the Wellness Center. | Ref #: 742640  
Date: 10/30 – 12/4  
Time: 6:00 – 7:00 pm  
Location: G303       |
| Wednesday   | **New! Kettle Training with Jordan - $18** | Kettles are here to help swing you into shape! Join us in the newest trend in the fitness industry. If you’re looking to pack on some lean muscle, tone up, and/or shed some pounds, then this class is definitely for you. Your trainer will lead you through a variety of functional, compound kettle bell exercises designed to challenge your muscles and elevate your heart rate for maximal weight loss and muscle gain. End your intense workout with a core routine intended to tighten up abs and give you a firm defined look. | Ref #: 742641  
Date: 10/24 – 11/28  
Time: 12:00 – 1:00 pm  
Location: G208       |
|             | **New Time! Fat Flush with Eli - $18** | This class involves a strength machine circuit workout that alternates between low to moderate intensity aerobic exercises. It contains both cardiovascular and strength benefits to prepare you for the next level class. | Ref #: 745790  
Date: 10/24 – 11/28  
Time: 1:00 – 2:00 pm  
Location: G110       |
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<td>Wednesday</td>
<td>Café Con Leche with Jorge - $18</td>
<td>Get your cardio workout with Latin dance moves and sounds. All the fun, plus you will be burning calories!</td>
<td>Ref #: 742642 Date: 10/24 – 11/28 Time: 5:00 – 6:00 pm Location: G208</td>
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<td>Thursday</td>
<td>Cross Training with Jordan - $18</td>
<td>This class encourages circuit style organization by combining muscular endurance, agility, balance, and cardiovascular exercise in various training modalities to improve overall performance. The class pace varies from moderate to high intensity levels for effective weight loss, improved muscular tone, stamina, and countless health benefits. Instructor will lead drill exercises using boxing bags, target mitts, weight, logs, agility ladders, kettles, power ropes, medicine balls, body weight and other fitness equipment.</td>
<td>Ref #: 742643 Date: 11/1 – 12/13 Time: 1:00 – 2:00 pm Location: G208</td>
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<td>Zumba with Martha - $18</td>
<td>This class consists of a fusion of Latin and International music with dance moves to create a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</td>
<td>Ref #: 742644 Date: 11/1 – 12/13 Time: 5:00 – 6:00 pm Location: G208</td>
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<td>New! Ballroom Latin Rhythms with Jorge - $18</td>
<td>This is an aerobics class infused with ballroom Latin rhythms, movements, and music. Brush up on your rumba, Cha-cha, salsa, and more while you dance some inches away with this light to moderate workout.</td>
<td>No class 11/22 Ref #: 742645 Date: 11/1 – 12/13 Time: 6:00 – 7:00 pm Location: G303</td>
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<td>Friday</td>
<td>Yoga All Levels with Lazaro - $18</td>
<td>Use basic and intermediate yoga techniques to improve balance and flexibility and decrease stress. This class combines a sequence of shortly held poses. You will learn about proper physical alignment, breathing techniques and the benefits of individual poses. Stretch, strengthen, and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.</td>
<td>Ref #: 742647 Date: 10/26 – 12/7 Time: 12:00 – 1:00 pm Location: G208</td>
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<td></td>
<td>The Zone with Eli - $18</td>
<td>This class involves a trainer-directed approach incorporating exercises that will help you target proper and effective cardiovascular training zones. Exercises include a combination of lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor, available at the Wellness Center.</td>
<td>Ref #: 742648 Date: 10/26 – 12/7 Time: 5:00 – 6:00 pm Location: G208</td>
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