

Schedule for Spring 2008 “Free” Fitness Classes for faculty, staff and students!

- **January 28 & 30: STEP, weights and floor work**
- **February 6: Body Pump with barbells**
- **February 11 & 13: Aerobic Weight Training/ floor work**
- **February 18 & 20: Cardio-Kick boxing/floor work (you will need an ID card to check out gloves from the equipment room)**
- **February 25 & 27: Interval training with resistant bands/floor work**
- **March 3&5: Aerobic Walking with interval medicine balls/weights/floor work**
- **March 10&12: Circuit Training and floor work (we will meet in the weight room)**
- **March 17& 19 : STEP/ Weights and floor work**
- **March 31& April 2: Aerobic Dance and floor work**
- **April 7&9: Cardio-Kick boxing/floor work (you will need an ID card to check out gloves from the equipment room)**
- **April 14&16 : Aerobic Weight Training/floor work**
- **April 21 & 23 : STEP, weights and floor work**
- **April 28& 30 : Stations with interval cardio walking outside**
- **May 5 & 7 : Circuit Training/floor work/toning (we meet in the weight training room)**
- **May 12&14: Interval walking outside with FITT Balls & floor work.**
- **These fitness classes meet on Monday and Wednesday from 12:20-1:10 in the gym. Please bring a towel, water bottle, and ID card with you.**

For any questions, please contact Candy Carr-Smith at 410-780-6705.

Looking forward with you joining us!!!!