

SPRING TERM FITNESS CLASSES: FEB. 2-APR. 27

FITNESS CLASSES

Fitness classes are offered on a drop-in basis. No registration for a specific class is required. ALL members may attend any non-water fitness class. Please note the following:

- Participants must complete a waiver each term.
- Classes will continue to meet during breaks and “off” times for ALL. Please refer to the weekly schedule emailed to members.
- Members should remain within their appropriate class level. For example, participants enrolled in intermediate or advanced classes should not attend beginner-level classes (such as On the Move), and vice versa.
- Some classes may have attendance limits. The instructor will determine capacity, and once the limit is reached, participants may be asked to attend another section of the class (which may be held immediately after).

MONDAYS

- **On the Move: A:** 9–10 a.m. (*starts Mar. 9*)
- **Vinyasa Yoga Flow:** 4:30–5:30 p.m.

TUESDAYS

- **Zumba Gold:** 9–9:45 a.m.
- **Zumba Fitness:** 10–10:45 a.m.
- **Chair Yoga:** 1–1:45 p.m.
- **Gentle Yoga: A:** 3:30–4:30 p.m.
- **Hatha Yoga (Intermediate): A:** 4:45–5:45 p.m.

WEDNESDAYS

- **Intermediate/Advanced Fitness:** 8–9 a.m.
- **Tai Chi: 108 Long Form (Intermediate):** 12:30–1:30 p.m.
- **Tai Chi: 24 Short Form (Beginner):** 1:30–2:30 p.m.
- **Muscle Conditioning: Strength & Endurance (Intermediate): A:** 2:30–3:30 p.m.
- **Muscle Conditioning: Strength & Endurance (Beginner): A:** 3:30–4:15 p.m.

THURSDAYS

- **Muscle Conditioning: Strength & Endurance (Intermediate): B:** 8:15–9:15 a.m.
- **Muscle Conditioning: Strength & Endurance (Beginner): B:** 9:15–10 a.m.
- **Hatha Yoga (Intermediate): B:** 9–10 a.m.
- **Gentle Yoga: B:** 10:15–11:15 a.m.
- **Meditation:** 11:30 a.m.–noon

FRIDAYS

- **Intermediate/Advanced Fitness:** 9–10 a.m.
- **On the Move: B:** 11–11:45 a.m. (*starts Mar. 9*)
- **Pilates:** 12–12:45 p.m.

WATER CLASSES

Members interested in attending water classes must register for that course. Water classes require a Plus membership, and members may register for one water aerobics class per week. Please keep the following in mind:

- Participants must complete a waiver each term.
- Classes will continue to meet during breaks and “off” times for ALL. Please refer to the weekly schedule emailed to members.

TUESDAYS

- **Water Aerobics:*** 12–12:45 p.m., 1–1:45 p.m., 2–2:45 p.m.
- **Beginner Swim Lessons for Adults:***\$ 3–3:45 p.m.
- **Stroke Refinement:***\$ 3:45–4:30 p.m.

WEDNESDAYS

- **Water Aerobics:*** 10–10:45 a.m., 11–11:45 a.m., 12–12:45 p.m.

FRIDAYS

- **Water Aerobics:*** 11–11:45 a.m., 12–12:45 p.m.

PLUS MEMBER BENEFITS

- **Open & Lap Swim:**+ Days and times to be announced.
- **Kerr Fitness & Sports Center Walking Track:**+ Monday through Friday, 8:30 a.m.–5 p.m.
Hours may vary due to academic calendar and athletic events.
- **Private Swim Lessons by Appointment***

+ Class for Plus Members only. | * Lottery.

** Open for guests and non-members. | \$ Additional cost.

Our fitness classes are now reserved for members. To learn more about becoming a member, visit laroche.edu/adventures.

Schedule as of Jan. 14. Schedule is subject to change.

