

# WELLNESS

## WINTER 2012 SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	9:00-10:00am Step Up	8:00-9:00am Intervitality	8:30-9:30am Bells, Bars, Balls	9:00-10:00am 20/20/20		
	10:00-11:00am Pilates	9:00-9:45am Cardio Fusion	10:00-11:00am Intervitality	10:00-11:00am Cardio Fusion	10:00-11:00am Yoga Bootcamp	
	12:00-1:00pm Sculpt N'Burn				10:30-11:15am Intervitality	11:00-11:45am Cardio Weekend
	4:30-5:30pm Bootcamp	12:00-12:45pm AquaFit	12:30-1:30pm Yogalates	12:00-1:00pm Aqua Bootcamp	12:30-1:30pm Pilates	12:00-12:45pm Muscle Weekend
5:30-6:30pm Aerobics Weekend	5:00-6:00pm Bells, Bars, Bars	4:00-5:00pm Core Yoga	4:00-4:45pm Cardio Fusion	4:15-5:00pm Step Up	3:00-4:00pm Weekend Mix	12:45-1:00pm Core Weekend
6:00-7:00pm Power Pilates	6:00-7:00pm Zumba	5:00-5:45pm Sculpt N'Burn	4:30-5:30pm Zumba	4:30-5:15pm Kickboxing		
7:00-8:00pm Hatha Yoga	6:30-7:30pm Pilates	5:30-6:15pm Kickboxing	5:00-6:00pm Bells, Bars, Balls	5:15-5:45pm Core		
		6:15-6:45pm Core	5:30-6:30pm Bootcamp	5:30-6:30pm Pilates		
		6:00-7:00pm 20/20/20	6:00-7:00pm Flexibility	6:30-7:15pm Zumba		
		7:00-8:00pm Zumba	6:45-7:45pm Bootcamp			
		8:00-9:00pm Power Yoga				

Studio 1
  Studio 2
  AC Classroom
  AC Pool

<p><b>Contacts:</b></p> <p><b>Alexandra Rinaldo</b> Wellness Coordinator arinaldo@laurierathletics.com</p> <p><b>Jennifer O'Neill</b> Coordinator, Programs joneill@wlu.ca</p>	<p><b>Key Dates:</b></p> <p>Winter registration opens: January 2nd</p> <p>Winter schedule: Starts: January 9th Ends: March 31st</p> <p>Wellness shoe tags will be required for participation as of <b>January 16th</b></p>	<p><b>General Information:</b></p> <p>Shoe Tags can be purchased online at: <a href="http://www.laurierathletics.com/registration">www.laurierathletics.com/registration</a></p> <p>Shoe tags can be picked up at the Hawk Desk</p>
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visit [www.laurierathletics.com/recreation](http://www.laurierathletics.com/recreation) for more information