

# Wellness Center Group Exercise Schedule

Fall 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6 - 7 PM Group Cycling Washington Kelly	6 - 7 PM Group Cycling Washington Kelly	6 - 7 PM Cardio Kickboxing Kennedy 12th Floor Meredith	6 - 7 PM Cardio Kickboxing Kennedy 12th Floor Dani
7 - 8 PM Cardio Kickboxing Kennedy 12th Floor Dani	7 - 8 PM Core Conditioning Kennedy 12th Floor Meredith		7 - 8 PM Core Conditioning Kennedy 12th Floor Meredith

**You *must* be a Wellness Program Member and you need to sign up ahead of time!**  
***Sign up for ALL Group Exercise Classes begins 3 hours before the start of the class!***  
***Sign up ends 30 minutes before class begins and please arrive 5-10 min. early!***

\*\*\*Sign Up for classes in Kennedy: Call JQA (413)577-1473\*\*\*

\*\*\*Sign up for Classes in Washington: Call Washington (413)545-3183\*\*\*

**DON'T FORGET YOUR UCARD FOR CHECK-IN!**