

Summer 2009 Fitness Schedule
Session May 18 – August 14, 2009

Participation in the following activities requires registration through the Faculty - Staff Wellness Program prior to attending.

We reserve the right to change class formats or cancel an activity with low participation numbers.

Please note all changes in locations and times activities are held.

Badminton

Location:

U-High Small Gym- Sundays from 1:30 – 5:30 p.m. **(Held in Metcalf Small Gym Sunday, May 24th)**

Metcalf Small Gym- Wednesdays from 7:00 – 11:00 p.m.

Basketball

Location: Horton North Gym Monday - Friday

12:00 – 1:00 p.m. (Move to Field house when camps are using the N. Gym)

Fitness Lab

Location: Horton 319 (West Balcony)

Monday - Thursday 12:00 – 1:30 p.m.

Lap Swim

Location: Metcalf Pool

Tuesday / Thursday 5:45 - 7:30 am (Enter from the West entrance facing Main St. only) (swimmers must vacate the locker rooms by 7:45 am during the academic school year)

Monday /Wednesday /Friday- 11:30 a.m. - 1:30 p.m. ***New Time**

Tuesday / Thursday- 12:30 – 2:30 p.m. *** New time and location**

Metcalf School Policy - Attendees must check in at Metcalf or Fairchild office prior to attending the class or activity. Check-in when school is in session between the hours of 8:00 am – 3:00 p.m., not necessary after June 1.

Pilates

Location: Bone Student Center, 3rd West Lounge

Tuesday/Thursday 12:15 - 1:00 p.m. **Instructor: Michelle Klunke ***

***Class meets in Metcalf 139 June 23 and 25th, and August 6th.**

Power Yoga

Location: Metcalf 139

Tuesdays / Thursdays 4:45 – 5:45 p.m. **Instructors: Ann Beck and Jill Belongia**

Soccer

Returns Fall 2009

Table Tennis

Location: Metcalf 139 Saturday 7:00 - 10:00 p.m.

T'ai Chi

Location: Metcalf 139

Returns Fall 2009 Instructor: Lilly Meiner

Water Classes

Location: Metcalf Pool

6:15 – 7:15 a.m. Monday/Wednesday/Friday - Water Aerobics

Instructors: Jill Belongia, Barb Glover and Georgia Martin

4:30 – 5:30 p.m. Monday/Wednesday/Thursday - Water Aerobics **Instructor: Barb Glover**

3:15 – 4:15 p.m. Monday/Wednesday/Thursday - **Water Walking** (Lifeguard only)

11:30 a.m. – 12:30 p.m. Tuesday/Thursday – Water Aerobics **Instructor: Barb Glover Tuesdays – No instructor Thursdays**

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Weight Room

Location: Horton 102

Monday-Friday **12:15 – 1:30 p.m. until June 11th**

Monday – Friday 12:00 – 1:30 pm June 12 – August 14th

Yoga

Location: Bone Student Center, 3rd West Lounge

Monday/Wednesday/Friday 12:00 - 1:00 p.m. *Instructor: Tona Schenck*

**Class meets in Metcalf 139 June 22 – 26, and August 5th*

Location: Metcalf 139

Saturday 8:45 - 10:00 a.m. *Instructor: Tona Schenck*