



Fall 2019

Fitness Center (Kinesiology lab) classes



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	MW 8:00-9:15am HED-251 Health Lifestyle L. Hollands	TTH 8:30- 9:20am ES-019 Boot Camp S. Nordquist	MW 8:00-9:15am HED-251 Health Lifestyle L. Hollands	TTH 8:30- 9:20am ES-019 Boot Camp S. Nordquist	
9:00am					Friday 9:00- 12:05pm ES-011 Circuit Training J-Tomaschke
10:00am	MW 9:30-10:45am ES-011 Circuit Training L. Dillard	TTH 9:30- 10:20am ES-001 Adapted Physical Exercise J-Tomaschke	MW 9:30-10:45am ES-011 Circuit Training L. Dillard	TTH 9:30- 10:20am ES-001 Adapted Physical Exercise J-Tomaschke	
11:00am	MW 11:00-11:50am ES-001 Adapted Physical Exercise J-Tomaschke	TTH 11:00-12:15pm ES-011 Circuit Training TBD	MW 11:00-11:50am ES-001 Adapted Physical Exercise J-Tomaschke	TTH 11:00-12:15pm ES-011 Circuit Training TBD	
12:00pm		T-W-TH 12:30- 1:20pm ES-014 Body Building (Employees only) S. Nordquist	T-W-TH 12:30- 1:20pm ES-014 Body Building (Employees only) S. Nordquist	T-W-TH 12:30- 1:20pm ES-014 Body Building (Employees only) S. Nordquist	
1:00pm					
2:00pm-6:00pm No Classes					
6:00pm		TTH 6:00-7:15pm ES-010 Cardio Fitness and Nutrition L. Dillard		TTH 6:00-7:15pm ES-010 Cardio Fitness and Nutrition L. Dillard	
7:00pm					