

Fall 2019 Fitness Center (Kinesiology lab) classes



C O I	LLEGE			· 	
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	MW 8:00-9:15am	TTH 8:30- 9:20am	MW 8:00-9:15am	TTH 8:30- 9:20am	
	HED-251	ES-019 Boot Camp	HED-251	ES-019	
	Health Lifestyle	S. Nordquist	Health Lifestyle	Boot Camp	
9:00am	L. Hollands	D. Horaquist	L. Hollands	S. Nordquist	
9.00am					
	MW 9:30-10:45am	TTH 9:30- 10:20am	MW 9:30-10:45am	TTH 9:30- 10:20am	
10:00am	ES-011 Circuit Training	ES-001 Adapted Physical	ES-011 Circuit Training	ES-001	
	L. Dillard	Exercise	L. Dillard	Adapted Physical Exercise	Friday 9:00- 12:05pm
	L. Dinaru	J-Tomaschke	L. Diliai u	J-Tomaschke	ES-011 Circuit Training
11:00am	MW 11:00-11:50am	TTH 11:00-12:15pm	MW 11:00-11:50am	TTH 11:00-12:15pm	J-Tomaschke
	ES-001 Adapted Physical Exercise	ES-011 Circuit Training	ES-001 Adapted Physical Exercise	ES-011 Circuit Training	
	J-Tomaschke	TBD	J-Tomaschke	TBD	
	J-1 omaschke				
12:00pm		T-W-TH 12:30- 1:20pm ES-014	T-W-TH 12:30- 1:20pm ES-014	T-W-TH 12:30- 1:20pm ES-014	
		Body Building (Employees only) S. Nordquist	Body Building (Employees only) S. Nordquist	Body Building (Employees only) S. Nordquist	
1:00pm					
1.00pm					
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2:00pm- 6:00pm	-6:00pm	TTH	5562	TTH	
		6:00-7:15pm		6:00-7:15pm	
		ES-010 Cardio Fitness and Nutrition		ES-010 Cardio Fitness and Nutrition	
		L. Dillard		L. Dillard	
7:00pm				332 37	