FEDERAL OCCUPATIONAL HEALTH

Wellness-Fitness

Ronald Reagan Fitness Center

December 2010- Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	RRB-30X (60 min)	RRB-30X (60 min)	RRB-30X (60 min)	RRB-30X (60 min)	RRB-30X (60 min)
7:00 a.m.		Abs (15 min)		Abs (15 min)	
7:15 a.m.		Indoor Cycle (45min)	Strength & Endurance (60 min)	Body Pump (60 min)	
10:00 a.m.				Outdoor Boot Camp (60 min)	
11:00 a.m.				Glutes-Legs & Abs (55 min)	Strength-n-Motion (45 min)
11:45 a.m.					Body Language (45 min)
11:30 a.m.	Step Construction (45 min) Indoor Cycle (45 min)	Advanced Step (60 min)	Body Sculpt (45 MIN) Indoor Cycle (45 min)	Indoor Cycle (45 min)	Indoor Cycle (45 min)
12:15 p.m.	Abs (15 MIN)		Abs (15 min)		
12:30 p.m.	Functional Fitness On the Ball (60 min)	Boot Camp (45 min)	TAE BO Camp (60 min)	Zumba (45 min) Indoor Cycle (45 min)	TAE-BO (45 min)
1:15 p.m.		Abs (15min)			Abs (15 min)
1:30 p.m.	Tai Chi (60 min)		Tai Chi (60 min)	1:30-3:30 Group Ex Room Close	Tai Chi (60 min)
1:45 p.m.		Yoga (60 MIN)			
5:00 pm	Body Step (**Canceled**)	Power Zumba (60 min)			
5:15 p.m.			Yoga (90 min) Indoor Cycle (60 min)		
5:30 p.m.				Boot Camp (60 min)	
6:15 p.m.	Yoga (75 MIN)				

Specialty Class: Holiday Hi/Low Aerobics: 12/16/2010, 11am -12pm