FOH Federal Occupational Health

Wellness-Fitness

RTP Aerobic Schedule

Line dance 9/12 and 2/29 11:30 am
Yoga Basic 4wks Tues. 4 – 5 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am		Kick boxing 60 min	Instructor's Choice 60 min	15 X 4 60 min.	
10:00 am	Fit in 15 15 min.	Posture Perfect 15 min.	Fit in 15 15 min.	Fit in 15 15 min.	Fit in 15 15 min.
11:30 am	Pilates Mat 45 min. *Running group*	Cardio Kickboxing 30 min.	Hi/Low Impact 30 min.	Cardio/strength training 45 min.	Instructor's Choice 45 min.
noon		Muscle Conditioning 45 min.	Body Bar Challenge 30 min.		
12:15 pm	Advance Step 30 min.			Core Express 15 min.	
12:30 pm			Below the waist 15 min	Yoga (Power Vinyasa) 60 min	Yoga (Power Vinyasa) 60 min
12:45 pm	Below the waist 15 min	Core Express 15 min.			
1:30 pm					Yoga
2:00 pm	Fit in 15 15 min.	Fit in 15 15 min.	Posture Perfect 15 min.	Posture Perfect 15 min.	
2:30 pm		Yoga Power Vinyasa 60 min.			
4:00 pm				Tahitian Dance 30 min.	
4:30 pm	Aerobic		Pilates Mat	Aerobic Basic	

	Basic 45 min.		45 min. *Running Group*	45 min.	
5:15 pm	Advance Step 45 min.	Cardio/Strength Training 45 min.	Cardio Kickboxing 45 min.	Core Express 15 min.	