

DePauw University 2009-2010 Fitness/Wellness Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 a.m.						8:30	
9:00						Yoga	
9:30						(RC)	
10:00							
10:30							
11:00						11:00	
11:30	11:40 Pilates (Lilly DR)	11:40 Zumba (Lilly DR)	11:40 Yoga (GCPA)	11:40 Pilates (Lilly DR)	11:40 Zumba (Lilly DR)	11:40 *Yoga (GCPA)	TurboKick (Lilly DR)
Noon							
12:30							

*starting Nov. 6

4:00 p.m.									
4:30									
5:00	5:00 Zumba (Lilly DR)	5:30 TurboKick (Lilly DR)	5:00	5:30 Interm. Yoga (RC)	5:30 TurboKick (Lilly DR)	5:30 Yoga (RC)	5:00 Zumba (Lilly DR)		
5:30			5:00 Zumba (Lilly DR)						
6:00									
6:30									
7:00	7:00 Water Aerobics (Lilly Pool)	7:00 Lap Swimming (Lilly Pool)	7:00 Water Aerobics (Lilly Pool)						
7:30									
8:00									

Fall Session: Aug. 31 – Dec. 11, no classes held Fall Break (Oct. 17 – 24) and Thanksgiving (Nov. 25 – 29)

Winter Term: Jan. 4 – 23

Spring Session: Feb. 1 – May 13, no classes held Spring Break (Mar. 20 – 28)

Location Detail

Lilly DR: Lilly Center, Dance Room

GCPA: Green Center, Rm 0201

RC: Nature Park, Reflection Center

Classes are open to all DePauw students, employees, retirees, and adult members of their immediate family at no charge.

Community memberships are available by contacting Jeanne Menzel at 765.658.4199 for payment information and registration forms.

For an up-to-date schedule of times, dates, and location for classes, or more information on the wellness and fitness programs offered please visit: www.depauw.edu/student/WellnessPrograms/