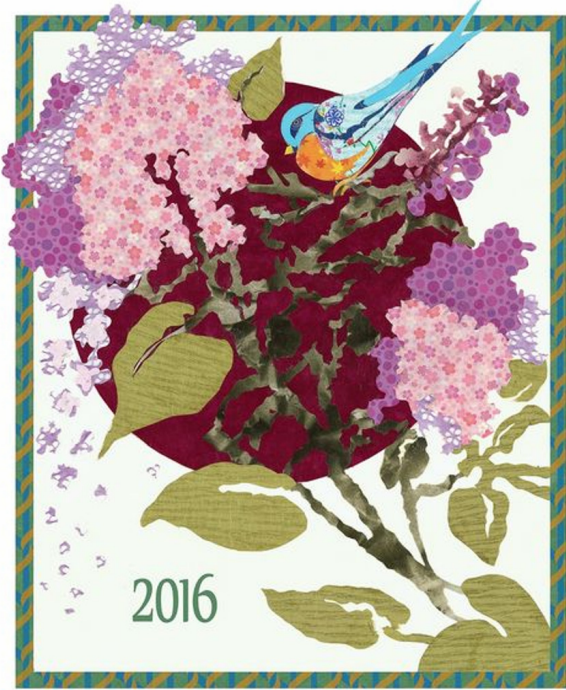


Lilac Festival



ROCHESTER, NEW YORK



G-5680
275-2437



<http://www.urmc.rochester.edu/fitness-wellness-center>

Class Schedule

May 2016

Classes in bold require advance registration and payment

MONDAY

11:30-12:15	<i>Sculpt It</i>	Marsha	Gym
12:15-1:00	<i>Blast Step*</i>	Heather	Studio
5:15-6:15	<i>Power Sculpt</i>	Scott	Gym
5:20-6:20	Yoga M:14, NM:21	Patricia	Studio

TUESDAY

11:30-12:20	<i>Turbo Pump</i>	Rick	Gym
12:15-1:00	<i>Zumba*</i>	Betsy	Studio
5:15-6:05	WERQ®	Laura	Gym
5:20-6:10	Pilates (no 5/3) M:11, NM:17	Marsha	Studio

WEDNESDAY

6:30-7:20	<i>Sunrise Boot Camp</i>	Cindy	Studio
11:30-12:10	<i>Kickboxing Interval</i>	Heather	Gym
12:15-1:00	<i>Yogalates</i>	Marsha	Studio
4:40-5:25	Ballet (no 5/4) M:9, NM:12.75	Margaret	Studio
5:15-6:15	<i>Power Sculpt</i>	Scott	Gym

THURSDAY

12:15-12:45	Intro to Strength	Michael	Studio
12:15-1:00	<i>Interval</i>	Betsy	Gym
5:15-6:15	<i>Turbokick®</i>	Laura	Gym
5:20-6:20	Zumba (no 5/5) M:5.25, NM:10.50	Margaret	Studio

FRIDAY

11:30-12:15	<i>Boot Camp</i>	Elizabeth	Gym
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Specialty classes:

KARATE - Tuesday & Thursday, 6:30-8:30 PM
- Saturday, 10:00AM - 12:00P M



You must sign in to attend classes marked with an asterisk
*Registration is free & begins 15 minutes prior to start of class.
All classes require a minimum of 8 participants to continue.

Fun Fitness Camp

Flexible and Affordable

June 23 - August 26 -
7:45am- 5:15pm
Boys & Girls 7-12 yrs

\$158 week or \$33/day*