

Cornell University Wellness Program
 Classes for Healthy Aging
 Summer 2009
 May 18 – August 14

Monday	Tuesday		Wednesday	Thursday		Friday
9-10 HNH DS Body Basics & Core Conditioning Christa & Nomi	9-10 HNH DS Jazzercise Lite Sue K.	9:10-9:50 HNH Pool Super-Duper- Water- Exercise- Extravaganza Christa	9-10 HNH DS Cardio Classic Jana	9-10 HNH DS Jazzercise Circuit Sue K.	9:10-9:50 HNH Pool Super-Duper- Water- Exercise- Extravaganza Christa	9-10 HNH DS Cardio Classic Jana
10-10:30 HNH DS Flex & Flow Christa			10-11 HNH DS Pilates Jana			10-11 HNH DS Pilates Jana

Each of the *Classes for Healthy Aging* is open to all Wellness Program members. Space is limited to 24 members per class. Please contact Christa Albrecht with any questions (255-3886 or cma46@cornell.edu).