

MARRIOTT CONFERENCE CENTER

AT



National Center for Employee Development

June Fitness Schedule

6/4 to 6/29

Day	Time	Length	Class	Location		
Monday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:30 pm	55 minutes	Water Aerobics	Pool		
	4:45 pm	55 minutes	HITT	Group Exercise Room		
	5:45 pm	55 minutes	Boot Camp	Group Exercise Room		
Tuesday	4:30pm	55 minutes	Water Running	Pool		
	4:45 pm	55 minutes	Speed & Agility	Group Exercise Room		
	5:45 pm	55 minutes	Kickboxing	Group Exercise Room		
Wednesday	11:30 am	55 minutes	Total Body Fitness	Group Exercise Room		
	4:30 pm	55 minutes	Water Aerobics	Pool		
	4:45 pm	55 minutes	Stability Ball	Group Exercise Room		
	5:45 pm	45 minutes	Strength and Conditioning 101	Group Exercise Room		
Thursday	11:30am	80 minutes	Mindful Movement	Group Exercise Room		
	4:30 pm	55 minutes	Water Running	Pool		
	4:45 pm	55 minutes	Speed & Agility	Group Exercise Room		
	5:45 pm	45 minutes	Pilates	Group Exercise Room		
	6:30 pm	55 minutes	Full Plate Nutrition	Fitness Meeting Room		

SPORTS SCHEDULE!

MON

Pick Up Basketball @ 6pm

TUE

Pick Up Volleyball @ 6pm

WED

Pick Up Basketball @ 6pm

THU

Pick Up Volleyball @ 6pm

SUMMER FUN AT THE POOL!