

The schedule below begins on Monday, August 31, 2015:

Days	Time	Fitness Activity	Personal Fitness Trainer
Monday	4:45pm-5:45pm 5:45pm-6:45pm 6:45pm-7:45pm	Faculty Walk for Life Toning Class Cardio & Toning	Cathy Foster Cathy Foster Cathy Foster
Tuesday	4:45pm-5:45pm 5:45pm-6:45pm 6:45pm-7:45pm 7:45pm-8:45pm	Faculty Walk for Life Toning Class Cardio & Toning Personal Training	Cathy Foster Cathy Foster Cathy Foster Cathy Foster
Wednesday	4:45pm-5:45pm 5:45pm-6:45pm 6:45pm-7:45pm	Faculty Walk for Life Toning Class Cardio & Toning	Cathy Foster Cathy Foster Cathy Foster

Power Launch will begin on Wednesday, September 9th from 12:00pm-12:30pm.

Days	Time	Fitness Activity	Fitness Trainer
Monday	12:00pm-12:30pm	Power Launch	Staff
Wednesday	12:00pm-12:30pm	Power Launch	Staff
Friday	12:00pm-12:30pm	Power Launch	Staff

Please note that every Tuesday will be Boot Camp from 12:00pm-12:30pm starting Tuesday, September 8th to kick off the 60-Day Challenge. Pending weather conditions, location will be James E Miller Stadium. Participants must complete membership forms and bring a large towel or yoga mat.