



# March



## Fitness Class Schedule 2010

Mon	Tues	Wed	Thurs	Fri
<p>1</p> <p>4 Directions-O Elderly Nutrition-JS Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>2</p> <p>4 Directions-O YOGA CLASS - J Y Strength Training Community Fitness-P</p>	<p>3</p> <p>4 Directions-O Elderly Nutrition-O Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>4</p> <p>4 Directions-O Noon Fitness - O Afterschool-O Y Strength Training Community Fitness-O</p>	<p>5</p> <p>4 Directions-O Community Fitness -G</p>
<p>8</p> <p>4 Directions-O Elderly Nutrition-JS Noon Fitness-O Pilates -S Community Fitness-G Dance Class</p>	<p>9</p> <p>4 Directions-O YOGA CLASS - J Y Strength Training Community Fitness-BW</p>	<p>10</p> <p>4 Directions-O Elderly Nutrition-O Noon Fitness-BW Pilates -S Community Fitness-G Dance Class</p>	<p>11</p> <p>4 Directions-O Noon Fitness -O Afterschool-O Y Strength Training Community Fitness-O</p>	<p>12</p> <p>CPR/FA 4 Directions-O Community Fitness-G</p>
<p>15</p> <p>4 Directions-O Elderly Nutrition-JS Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>16</p> <p>4 Directions-O YOGA CLASS - J Y Strength Training Community Fitness-O</p>	<p>17</p> <p>4 Directions-O Elderly Nutrition-O Noon Fitness-C Pilates -S Community Fitness -P Dance Class</p>	<p>18</p> <p>4 Directions-O Noon Fitness-O Afterschool-O Y Strength Training Community Fitness-BW</p>	<p>19</p> <p>4 Directions-O Community Fitness-G</p>
<p>22</p> <p>4 Directions-O Elderly Nutrition-JS Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>23</p> <p>Grief Conference YOGA CLASS - J Y Strength Training Community Fitness-P</p>	<p>24</p> <p>4 Directions-O Elderly Nutrition-O Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>25</p> <p>4 Directions-O Noon Fitness-BW Afterschool-O Y Strength Training Community Fitness-O</p>	<p>26</p> <p>CPR/FA 4 Directions-O Community Fitness-G</p>
<p>29</p> <p>4 Directions-O Elderly Nutrition-JS Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>	<p>30</p> <p>4 Directions-O YOGA CLASS - J Y Strength Training Community Fitness-O</p>	<p>31</p> <p>4 Directions-O Elderly Nutrition-O Noon Fitness-C Pilates -S Community Fitness-G Dance Class</p>		

Fitness Instructors: Olga Hernandez, Gary Townsend, Rebecca Washakie, Julie Dustin, Polly Hevewah, Nick Broncho, Camile Carter, Jami Stevenson, Seleste Stone



Four Directions Program Class

Mon-Fri. – 8:30 to 9:30 am

Community Fitness – Mon. & Wed. & Fri. 6:00-7 pm,  
Tues & Thurs. 5:30 -6:30 pm

Yoga – Tues. – 12:10 to 12:50 pm

Noon Fitness - Mon. , Wed. & Thurs. 12:15 -12:45 pm (Noon)

Pilates – Mon. & Wed, - 5:00 – 5:45 pm

Elderly Nutrition- Mon & Wed. 11:00 -11:30 pm

Recreation Dance Cheer Class - Mon & Wed. - 7:15 -8:00 pm

Afterschool – Thurs. 3:00 at their building

Youth Strength Training –Tues. 4:15 – 5 pm



**NEW INSTRUCTORS:** **Camile Carter**, TANF Self Reliance instructor, teaches Noon Fitness classes on Monday, Wednesday. She is a energetic, enthusiastic instructor. Great to have her on our Fitness Team!

**Seleste Stone**, ISU student, loves Pilates and it shows on her. She will begin teaching on Monday & Wednesday evening at 5 to 5:45 pm. Glad to have her on our Fitness Team!



Camile



Seleste

**If you have any questions about fitness classes, call Health Education at 478-3965.**

**Class instructors may change for unknown reasons. We'll do our best to keep classes flowing.**