



October Fitness Schedule

Monday 12 PM-7 PM	Tuesday 6 AM-7 PM	Wednesday 12 PM-7 PM	Thursday 12 PM-7 PM	Friday 6 AM-6 PM	Saturday 8 AM-12 PM
	BOOT CAMP 6:15-7:00			BOOT CAMP 6:15-7:00	
	Zumba GOLD 10:00-10:45 <i>Yoko</i>			Zumba GOLD 10:00-10:45 <i>Yoko</i>	
				Cardio Drums 11:00-11:20	ZUMBA 9:00-10:00 <i>Yoko</i>
Opens at 12:00 pm	Cardio Drums 11:30-11:50	Opens at 12:00 pm	Opens at 12:00 pm	Easy Tai Chi 11:30-11:50	
Easy Tai Chi 12:30-12:50	Chair Aerobics 12:30-1:00	Chair Express 12:30-1:00	Chair Aerobics 12:30-1:00		
	Seated Yoga 2:00-2:30		Seated Yoga 2:00-2:30		
Body Pump 4:00-4:45	Fit to the Core 4:00-4:30	Brick Bodies 4:00-4:45	BOOT CAMP 4:00-4:45		
Line Dancing 5:30-6:30 <i>Yoko</i>	ZUMBA/ZUMBA Toning 5:30-6:30 <i>Yoko/Dianne</i>	ZUMBA 5:30-6:30 <i>Theresa</i>			

Minges Wellness Center membership sign-up times are by appointment only. Please call the Wellness Center staff at 252-522-7944 to schedule your appointment. Wellness Center Hours: M/W/Th 12 noon – 7p; T 6a-7p; F 6a-6p; Sat. 8a-12 noon; Closed Sundays

For more info visit unclenoir.org/wellness

Yoko 1, 15 & 29 | Dianne 8 & 22