SPRING 16

FITNESS CALENDAR

4th Floor, Norfolk Student Center
Monday - Friday 7:00am - 7:00pm
Saturday & Sunday Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Time w/ Trainer Multi-Level 8:00 am - 9:30 am				**Open Time w/ Trainer** Multi-Level 8:00 am - 9:30 am
			Open Time w/ Trainer Multi-Level 10:15 am - 11:00 am	
Tabata Express Multi-Level 12:00 pm- 12:30 pm	**Instructor's Choice** Multi-Level 12:00 pm - 12:30 pm	**Run Club** Multi-Level 12:00 pm - 1:00 pm	**Tabata Express** Multi-Level 11:45 am - 12:30 pm	**Team Fitness Friday** Multi-Level 11:45 am - 12:30 pm
Core-Training Multi-Level 12:35 pm - 1:05 pm	**Core Training** Multi-Level 12:35 pm - 1:05 pm		**Run Club** Multi-Level 1:00 pm - 1:30 pm	**Gentle Yoga** Multi-Level 12:30 - 1:00 pm
	Open Time w/ Trainer Multi-Level 2:00 pm - 3:30 pm	**Open Time w/ Trainer** Multi-Level 2:00 pm - 3:30 pm		
	Dance & Tone Multi-Level 5:30 pm - 6:30 pm	**Gentle Yoga** Multi-Level 5:30 pm - 6:30 pm	**Cross Training** Multi-Level 5:30 pm - 6:30 pm	

For general inquiries, please contact Robert Barber at 822 - 1232.

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SPRING 16

CLASS INFORMATION

Contact information:

Phone: 822-1981
Email: NSCenter@tcc.edu
4th Floor, Norfolk Student Center

Tabata express: High intensity interval training to maximize your workout in minimal time.

Fit Club: Whether your goal is weight loss, muscle building, toning, or making healthier choices, our fitness team can help you transform your body and mind. Join us on an exciting journey to a healthier you, as you discover many ways to enhance your overall wellness (how you think, look & feel). We will be available as a source, sharing information, tools & tips to help you realize your goals. Bring a buddy (optional) and get ready to becoming the best you!

Cross Training: Our Cross Training class is a circuit style class that uses a combination of exercises for a total body workout. The aim is to strengthen & tone, improve overall fitness levels, and reduce the risk of injury.

Core Training: The key to a strong body is a strong core. We will improve core stability, strength and flexibility in 30 minutes.

Dance & Tone: Total body workout that is fun & invigorating, includes cardio/dance segment, strength segment using various resistance equipment, finished with stretching flow to quiet & settle the mind.

Run Club: Whether training for a race or just running to get in shape our group is perfect for you. Get together with a like-minded group to run/walk on plotted out courses through the campus led by our fitness staff.

Open Time with a Trainer: Come to the free weight area for an open drop-in time to work with our personal trainers. Workout for your desired time to achieve your fitness goals, learn some new exercises, or just to increase your motivation level.

Gentle Yoga: Full body movement through easy poses & stretches designed to increase flexibility, balance and range of movement. Reduce stress through restorative breathing exercises and final relaxation.

Instructor's choice: This class changes in format so that you will be able to experience a variety of different kinds of workouts. Combining cardio, strength, power, and endurance; workout your whole body in as little as 30 minutes!

ENDURANCE LEVEL

Multi-level
Intermediate/Advanced

Small group training is available for groups of 2-5. Please register at the fitness and gaming desk or by phone at 822-1981.

No registration required for drop-in classes.

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SPRING 16

PROGRAM CALENDAR

4th Floor, Norfolk Student Center

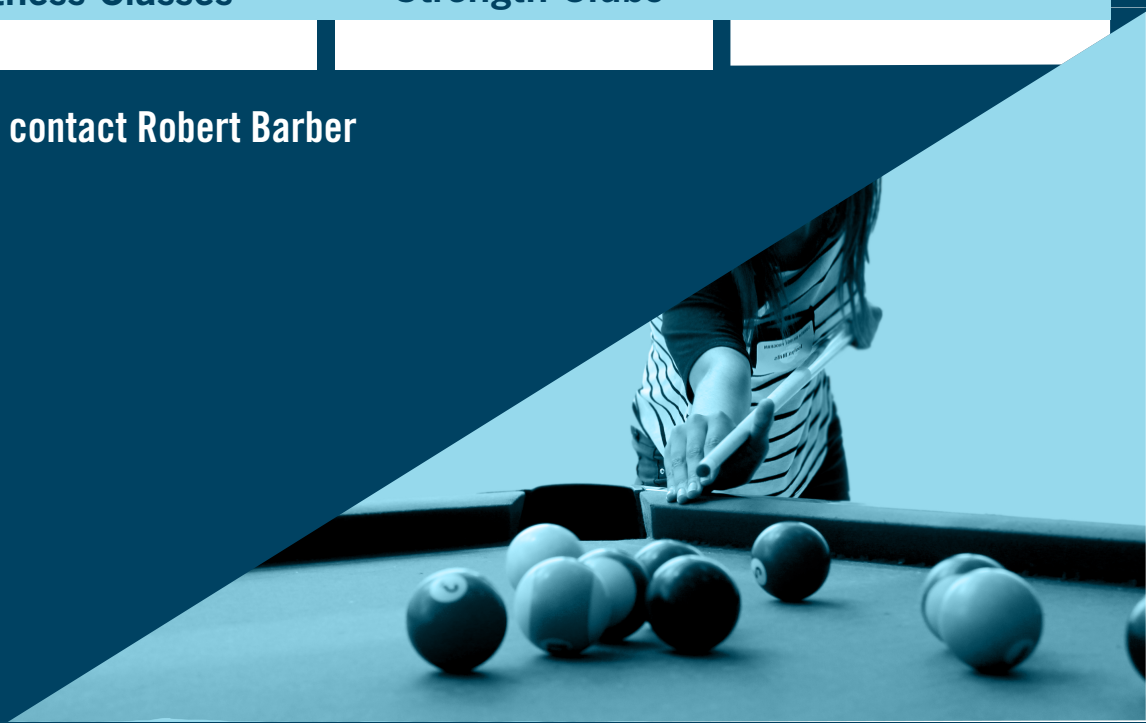
Fitness & Gaming Hours

Monday - Friday 7:00am - 7:00pm

JANUARY	FEBRUARY	MARCH	APRIL
14th **Dodge Ball** Thursday, January 14th 11:00 am - 3:00 pm Student Center, 4th Floor	**9th** **3 on 3 Basketball** Tuesday, February 9th 12:00 pm - 3:30 pm Student Center, 4th Floor	**9th** **Table Tennis Tournament** Wednesday, March 9th 10:00am - 12:30pm Student Center, 4th Floor	**7th** **3 Point Shootout** Thursday, April 7th 11:00 am - 2:30 pm Student Center, 4th Floor
27th **Pool Tournament** Wednesday, January 27th 12:00 pm - 2:00 pm Student Center, 3rd Floor	**25th** **Soccer Tennis** Thursday, February 25th 10:30 am - 12:00 pm Student Center, 4th Floor	**21st** **FIFA 16 Tournament** Monday, March 21st 11:00 am - 2:30 pm Student Center, 5th Floor	

OFFERED ALL SEMESTER

- Weight Room Orientation
- Small Group Training
- Group Fitness Classes
- Fitness Assessments
- Workout of the day
- Strength Clubs

For general inquiries, please contact Robert Barber at 822 - 1232.

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