



Step UP & MOVE!

Tentative Schedule of Demonstrations and Classes
April 23 – May 13, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April 20</p>	<p>April 21</p>	<p>April 22</p>	<p>April 23</p> <p>Yoga (Demo) Executive Park, 2nd floor Conference Rm. 12-12:30 p.m. and 12:30-1 p.m.</p>	<p>April 24</p> <p>Variety (Demo) Yoga/Sculpting/Kickboxing Emory University Hospital Classroom A 3:30-4 p.m. and 4-4:30 p.m.</p>
<p>April 27</p> <p>Strength & Tone (Demo) Decatur Plaza, Rm 131 12-12:30 p.m. and 12:30-1 p.m.</p> <p>Variety (Demo) Yoga/Sculpting/Kickboxing Wesley Woods Budd Terrace Eventide Rm. 3:30-4 p.m. and 4-4:30 p.m.</p> <p>Vinyasa Yoga Level 2 (Class) 5:30-6:30 p.m. Woodruff PE Center (WoodPEC) 2nd floor Multipurpose Room</p> <p>Yoga (Class) 6-6:50 p.m. Student Activity & Academic Center (SAAC)</p>	<p>April 28</p> <p>Circuit Training (Demo) Emory University Hospital Classroom D 12:30-1 p.m. and 1-1:30 p.m.</p> <p>Yoga Level 1 (Class) 6-7 p.m. WoodPEC 2nd floor Multipurpose Room</p> <p>Strength & Tone (Class) 6-6:50 p.m. SAAC</p> <p>Cardio Kickboxing (Class) 7-7:50 p.m. SAAC</p>	<p>April 29</p> <p>Vinyasa Yoga Level 2 (Class) 11:40 a.m.-12:40 p.m. WoodPEC 4th floor Aerobics Room</p> <p>Zumba (Class) 2:30-3:30 p.m. Blomeyer Fitness Center</p> <p>Zumba (Class) 6-6:50 p.m. SAAC</p> <p>Intermediate Yoga (Class) 7-7:50 p.m. SAAC</p>	<p>April 30</p> <p>Strength Building (Demo) ECC, 2nd Floor Conference Room. 12-12:30 p.m. and 12:30-1 p.m.</p> <p>Yoga Level 1 (Class) 5:30-6:30 p.m. WoodPEC 2nd floor Multipurpose Room</p> <p>Strength & Tone (Class) 6-6:50 p.m. SAAC</p> <p>Cardio Kickboxing (Class) 7-7:50 p.m. SAAC</p>	<p>May 1</p> <p>Yoga (Demo) CRM Conference Rm. 101 12-12:30 p.m. and 12:30-1 p.m.</p> <p>Vinyasa Yoga Level 2 (Class) 11:40 a.m.-12:40 p.m. WoodPEC 4th floor Aerobics Room</p>
<p>May 4</p> <p>Variety (Demo) Yoga/Sculpting/Kickboxing EUOSH 3rd Floor Conference Rm. 3:30-4 p.m. and 4-4:30 p.m.</p> <p>Vinyasa Yoga Level 2 (Class) 5:30-6:30 p.m. WoodPEC 2nd floor Multipurpose Room</p> <p>Yoga (Class) 6-6:50 p.m. SAAC</p>	<p>May 5</p> <p>Strength and Circuit Training (Class) 12:30-1:15 p.m. WoodPEC 4th floor Aerobics Room</p> <p>Strength and Tone (Demo) Emory University Hospital Midtown Woodruff C 3:30-4 p.m. and 4-4:30 p.m.</p> <p>Yoga Level 1 (Class) 6-7 p.m. WoodPEC 2nd floor Multipurpose Room</p>	<p>May 6</p> <p>Vinyasa Yoga Level 2 (Class) 11:40 a.m.-12:40 p.m. WoodPEC 4th floor Aerobics Room</p> <p>Boost and Burn 2:30-3:30 p.m. Blomeyer</p>	<p>May 7</p> <p>NIA (Demo) Blend of Martial Arts, Dance and Healing Arts Emory University Hospital Midtown 12:30-1 p.m. and 1-1:30 p.m. (Demo)</p> <p>Yoga Level 1 (Class) 5:30-6:30 p.m. WoodPEC 2nd floor Multipurpose Room</p>	<p>May 8</p> <p>Vinyasa Yoga Level 2 (Class) 11:40 a.m.-12:40 p.m. WoodPEC 4th floor Aerobics Room</p>
<p>May 11</p>	<p>May 12</p> <p>Boot Camp 12:30-1:15 p.m. WoodPEC 4th floor Aerobics Room</p>	<p>May 13</p> <p>Pilates 2:30-3:30 p.m. Blomeyer</p>	<p>May 14</p>	<p>May 15</p>