

# Fall 2008 Exercise Schedule

## *Mondays & Wednesdays*

Loft Studio

Noon: Yoga

4:00: Fitball

## *Wednesdays*

Loft Studio

Noon: Yoga

4:00: Fitball

4:45: Pilates

## *Tuesdays & Thursdays*

Loft Studio

Noon: Pilates

4:00: Combo Circuit

## *Tuesdays & Thursdays*

Community Center (you must be a CC member to join this class)

8:30 pm: Cardio

Pump

## *Fridays*

Loft Studio

Noon: Yoga

4:45: Pilates

- *Combo Circuit* - designed to increase overall fitness using jump ropes, fit balls and hand weights
- *Cardio Pump* - using weighted bars, weights and tubing to promote the improvement of muscular endurance
- *Fitball* - using an exercise ball, this class is designed to improve overall muscle strength and balance
- *Pilates* - designed to develop a strong and centered body
- *Yoga* - a form of movement emphasizing upper body strength, flexibility and relaxation

*Classes are open to DSU students, staff, and faculty. No pre-registration is required.*

*Please call the Wellness Program office at 483-2194 with any questions!*

**The Wellness Program**  
**Dickinson State University**

Visit our website: [www.dickinsonstate.edu/wellness.asp](http://www.dickinsonstate.edu/wellness.asp)