

# Fall 2009 Exercise Schedule

*All classes are held in the Loft Studio.*

## *Monday & Wednesday*

*Noon: Fitball*

*4:45: Broadway Aerobics*

## *Tuesday & Thursday*


*7:00 a.m.: Yoga*

*Noon: Pilates*

*4:45: High Low*

- *Broadway Aerobics* – aerobics based on simple choreography from Broadway musicals to improve cardio respiratory fitness.
- *Fitball* – using an exercise ball, this class is designed to improve overall muscle strength and balance.
- *High Low* – designed to increase overall fitness using a variety of exercise techniques. This class is a great class for beginners looking to get fit.
- *Pilates* – designed to develop a strong and centered body.
- *Yoga* – a form of movement emphasizing upper body strength, flexibility and relaxation.

*Fridays at Noon: Yoga*



*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)