<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00am</td>
<td>Hydrofit</td>
<td>Hydrofit</td>
<td>Hydrofit</td>
<td>Hydrofit</td>
<td>*denotes aerobic class</td>
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<tr>
<td>12:00-1:00pm</td>
<td>Strength &amp; Conditioning (PEAP 117)</td>
<td>Strength &amp; Conditioning</td>
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<td>Strength &amp; Conditioning</td>
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<tr>
<td>1:00-1:30pm</td>
<td>Cardio Challenge* (PEAP 115)</td>
<td>Circuit Express (12-1pm)</td>
<td>Body Blast* (PEAP 115)</td>
<td>Basic Training</td>
<td>Senior Fitness</td>
</tr>
<tr>
<td>2:30-3:30pm</td>
<td>Body Blast* (PEAP 115)</td>
<td>Basic Training</td>
<td>Fitness (PEAP 200)</td>
<td>Senior Fitness</td>
<td>Yoga (PEAP 200)</td>
</tr>
<tr>
<td>3:30-4:30pm</td>
<td>Senior Fitness</td>
<td>Yoga (PEAP 200)</td>
<td>Body Blast*</td>
<td>Basic camp</td>
<td>Bootcamp</td>
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</tbody>
</table>

All classes are taught by senior-level Applied Exercise Physiology Students. Participation is limited to availability so register early! Class times are subject to change for University sponsored events.

June 8 — August 7
Senior Fitness (PEAP 116): A low intensity fitness class for those individuals over the age of 55, who require a more easy paced exercise program. The class format will include various forms of exercise to keep you motivated.

Yoga (PEAP 205): Yogic breathing techniques and physical postures are used to develop a mind-body connection. In this recreational format, a dynamic warm-up prepares the body for strength-building postures, followed by deep stretches and relaxation. Breathing, feeling and listening to one’s body are emphasized as participants gain balance, strength, flexibility, and peace of mind.

Pilates (PEAP 206): A system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace.

Hydrofit (Rec Center, Instructional Pool): Hydrofit is a great way to condition the cardiovascular system and tone major muscle groups. Reduce the stress on your joints and take a dive into this class.

Strength & Conditioning (PEAP 116 and 117): 6am weights are held in PEAP 117 while the 12 pm weights are held in PEAP 116.

Circuit Express (PEAP 116): Complete your workout in 80 minutes with a circuit training class consisting of a mixture of heart rate raising activities and intense toning.

Cardio Challenge (PEAP 115): Spend your lunch hour doing something great... working out! Cardio Challenge is a 45 minute step class, followed by 15 minutes of intense ab work. You’ll go back to work feeling energized!

Basic Training (PEAP 117): A multifaceted class designed for individuals trying to lose body fat, increase aerobic capacity, and develop muscular strength and flexibility. The class will include a variety of strength training and aerobic conditioning classes.

Hydrofit (Rec Center, Instructional Pool): Hydrofit is a great way to condition the cardiovascular system and tone major muscle groups. Reduce the stress on your joints and take a dive into this class.

Cardio Blast (PEAP 115): The class consists of both resistance training and muscle endurance. A comprehensive, full body workout for both beginners and advanced fitness levels. You will use steps, body bars, dumb bells, and bands to strengthen, define, tone, and shape your muscles.

Boot Camp (PEAP 118/Outdoor camp): Exercise sessions featuring both strength and cardio endurance at the new PEAP Bootcamp course. You will work with resistance bands in addition to the outdoor obstacle course.

Add our “Weight Management Program” to any of our current options! This entitles you to 2 Body Composition Measurements with our DEXA scan machine, Dietary Intake Analysis (2), and 2 Nutrition/Exercise Lectures!!

FITLIFE Summer Memberships Prices and Registration Information

Select Membership $85.00
(All FITLIFE classes, except Yoga, Pilates, and Bootcamp)

Basic Membership $55.00
(all FITLIFE classes, except Yoga, Hydrofit, Pilates, and Senior)

Senior Membership $45.00
(Senior fitness class only)

Hydrofit Membership $75.00
(Hydrofit classes only)

Yoga Membership $120.00
(Yoga classes only)

Boot Camp (Bootcamp Only) $160.00

Specialty + Basic Membership $145.00

Pilates Membership (Pilates only) $120.00

Weight Management Program $100.00

Yoga & Pilates Membership $145.00

Program Questions: Call 845-3997 / Fax: 862-2207
Online Registration Only: Credit card (Visa/MC) and electronic check payments accepted. Follow the link below:
https://secure.touchnet.com/C21490_ustores/web/store_main.jsp?STOREID=100
or visit our website: http://fitlife.tamu.edu

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FITLIFE Exercise Program
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