


Wellness Schedule Fall 2010

Session 2

October 25– December 3 2010

<i>Get Lifted!</i>	MONDAY	TUESDAY
	<p>5pm– 6pm <i>Zumba!</i></p> <p>7pm– 9pm Jamming with Jeanne! Guitar Lessons! Classes held in the <u>Montgomery House</u>.</p>	<p>4pm-5pm <i>Tap</i></p> <p>5pm-6pm <i>Hip-Hop Dance!</i> Come show Antonio what you've got!</p>
	WEDNESDAY	THURSDAY
<p>Questions? Please contact Antonio-Phillip Lytle at 914-633-2360 or Alytle@iona.edu</p>	<p>4pm– 5 pm <i>YOGA</i></p> <p>5pm– 6pm Jamming with Jeanne! Advanced Guitar Lessons! Classes held in the <u>Montgomery House</u>.</p>	<p>12:00– 1 pm <i>YOGA</i></p> <p>5pm-6pm <i>Floor Barre!</i> Come learn awesome floor exercises!</p>
	FRIDAY	
	<p>4pm-5pm <i>Zumba!</i></p>	

All classes unless otherwise noted will be held in the Hynes Aerobic Studio. Please arrive 10 to 15 prior to the start of the wellness class.