

MobileFit SPRING 2017 Schedule

Day	Time	Location	Class Type	Instructor	Contact Person
Monday	12:15 pm - 12:45 pm	3rd Floor Reading Room, #3035	Core Fit	Sara K.	Bonnie Maynard
Monday	12:15 pm - 12:45 pm	UV Suite 207	Stretch Well	Amber J.	Julie Chobdee
Monday	12:05 pm - 12:35 pm	Computing & Communications Building, 121	Core Fit	David P.	Charlene Chan
Monday	12:15 pm - 12:45 pm	Bannockburn Village, J102	Belly Dancing	Kate S.	Penni Ebina Bill Manes
Tuesday	12:15 pm - 12:45 pm	Anderson Hall (021) Basement	Combo	Sherry S.	
Tuesday	12:15 pm - 12:45 pm	College Bldg. North, Room 205	Combo/ Get Fit Core	David P.	Joy Ashburn
Tuesday	12:15 pm - 12:45 pm	Registrar Student Services Bldg. 2201	Get Fit	Linda H.	Melinda Miller
Tuesday	1:30 pm - 2:00 pm	3rd Floor Reading Room, #3035	Core Fit	Ginger M.	Bonnie Maynard
Wednesday	12:15 pm - 12:45 pm	1215 Sproul Hall	Stretch Well	Angela	Linda Sanada
Wednesday	12:05 pm - 12:35 pm	Computing & Communications Building, 121	Core Fit	Amber J.	Charlene Chan
Wednesday	12:15 pm - 12:45	Bannockburn Village, J102	Stretch Well	Sara K.	Penni Ebina
Wednesday	12:15 pm - 12:45 pm	Extension University Village, Multipurpose Room	CoreFit	Gerardo M.	Emily Kirkland
Thursday	7 am - 7:30 am	The Barn	Stretch Well	Sherry S.	Pat Sorokowski
Thursday	12:15 pm - 12:45 pm	Anderson Hall, 021 Basement	Combo	Sherry S.	Bill Manes
Thursday	1:30 pm - 2:00 pm	3rd Floor Reading Room, #3035	Core Fit	Ginger M.	Bonnie Maynard
Friday	12:30 pm - 1:00 pm	Pierce 1305	Stretch Well	Gerardo M.	Katie Smith
Friday	12:15 pm - 12:45 pm	Bannockburn Village, J102	Get Fit	Linda H.	Penni Ebina
Friday	12:15 pm - 12:45 pm	Registrar Student Services Bldg. 2201	Get Fit	Sara K.	Melinda Miller

Mobile Fit Menu

Get Fit

A great total body workout that incorporates cardiovascular training and resistance training in one complete workout. Are you ready for this total body challenge?

Core Fit

Challenge your core with functional exercises that strengthen the spine, improve movement mechanics and posture and decrease the risk of injuries. Learn how to stay strong and centered at work or at home.

Stretch Well

This workout combines stretching, relaxation, and meditation exercises to reinvigorate you and give you energy throughout the day. Stretch your way to better health and learn ways to relax and combat stress and lethargy experienced during the workday.