

Muscle Toning and Conditioning

For JHU Faculty and Staff

Toning Class:

Tuesday/Thursday
12:15pm-1:00pm

Session Date:

April 11 –
June 27, 2017

No Class:

May 23

Location:

(see room schedule)

Cost for Session:

\$15/one class per week
\$25/two classes per week

Notes:

Bring a yoga mat
and hand weights and
wear comfortable clothing



Muscle Toning & Conditioning

Muscle Toning and Conditioning will strengthen, condition, tone, and define your muscles. It is a 45 minute workout that concentrates on every major muscle group in the body. One should expect cardio intervals to sometimes be intermingled between strength exercises. This class is ideal for beginners to experienced exercisers.

Register Online

Register online by going to the wellness section of the [Benefits website](#).
Email: wellnessprograms@jhu.edu
with questions.



Muscle Toning and Conditioning

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Tuesday	April 11	Shriver Clipper Room
Thursday	April 13	Mattin 101
Tuesday	April 18	Glass Pavilion
Thursday	April 20	Shriver Clipper Room
Tuesday	April 25	Great Hall
Thursday	April 27	Great Hall
Tuesday	May 2	Glass Pavilion
Thursday	May 4	Shriver Clipper Room
Tuesday	May 9	Shriver Clipper Room
Thursday	May 11	Glass Pavilion
Tuesday	May 16	Glass Pavilion
Thursday	May 18	Glass Pavilion
Tuesday	May 23	No Class
Thursday	May 25	Glass Pavilion
Tuesday	May 30	Glass Pavilion
Thursday	June 1	Glass Pavilion
Tuesday	June 6	Glass Pavilion
Thursday	June 8	Glass Pavilion
Tuesday	June 13	Great Hall
Thursday	June 15	Glass Pavilion
Tuesday	June 20	Great Hall
Thursday	June 22	Great Hall
Tuesday	June 27	Glass Pavilion

The room schedule is subject to change. Registrants will be notified by email if a room change occurs.

Sponsored by the Office of Benefits Services