

Muscle Toning and Conditioning

For JHU Faculty and Staff

Toning Class:

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

Session Date:

July 11 –
September 28, 2017

No Class

August 10
September 26

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



JOHNS HOPKINS
UNIVERSITY

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.



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Muscle Toning and Conditioning

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Tuesday	7/11/2017	Great Hall
Thursday	7/13/2017	Great Hall
Tuesday	7/18/2017	Shriver Clipper Room
Thursday	7/20/2017	Shriver Clipper Room
Tuesday	7/25/2017	Glass Pavilion
Thursday	7/27/2017	Glass Pavilion
Tuesday	8/1/2017	Glass Pavilion
Thursday	8/3/2017	Shriver Clipper Room
Tuesday	8/8/2017	Glass Pavilion
Thursday	8/10/2017	NO CLASS
Tuesday	8/15/2017	Glass Pavilion
Thursday	8/17/2017	Glass Pavilion
Tuesday	8/22/2017	Glass Pavilion
Thursday	8/24/2017	Glass Pavilion
Tuesday	8/29/2017	Great Hall
Thursday	8/31/2017	Glass Pavilion
Tuesday	9/5/2017	Glass Pavilion
Thursday	9/7/2017	Glass Pavilion
Tuesday	9/12/2017	Glass Pavilion
Thursday	9/14/2017	Great Hall
Tuesday	9/19/2017	Mattin Dance Studio
Thursday	9/21/2017	Great Hall
Tuesday	9/26/2017	NO CLASS
Thursday	9/28/2017	Great Hall

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

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