Please wear exercise attire for fitness classes.
For more information please call 758-3439

December APFRI Class Schedule

APFRI

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Parent/Teen Strength Gruber Gym, Main Floor 1600-1700	4 *Essentials of Strength Training* *Marshall Auditorium* *1230-1330*	5
8 Gym Help Desk: 1530-1630 Physioball Gruber Gym Aerobic Studio 1530-1630	9 *Family Focus:* *Stress Management for the Holidays* *Marshall Auditorium* *1230-1330*	10 Gym Help Desk: 0630-0730 *Hypertension:* *The Silent Killer* *Marshall Auditorium* *1230-1330*	11 *Essentials of Aerobic Conditioning* *Marshall Auditorium* *1230-1330*	12
15 Gym Help Desk: 1530-1630	16 *Cholesterol:* *Gearing up for a Change* *Marshall Auditorium* *1230-1330*	17 Gym Help Desk: 0630-0730 Flexibility Gruber Gym Aerobic Studio 1600-1700	18 Strength Training Fundamentals Gruber Gym, Main Floor 1100-1200 *Executive Resiliency:* *Stress Management* *Marshall Auditorium* *1230-1330*	19
22	23	24	25 Holiday	26
29	30	31		