

Muscle Toning and Conditioning at Homewood

For JHU Faculty and Staff

Toning Class:

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

Session Date:

January 2 –
March 22, 2018

Location:

(see room schedule)

Cost for Session:

\$15/one class per week
\$25/two classes per week
Prices are for entire sessions

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.



Sponsored by the Office of Benefits Services

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Tuesday	1/2/2018	Mattin 101
Thursday	1/4/2018	Cancelled
Tuesday	1/9/2018	Mattin 101
Thursday	1/11/2018	Great Hall
Tuesday	1/16/2018	Mattin 101
Thursday	1/18/2018	Mattin 101
Tuesday	1/23/2018	Great Hall
Thursday	1/25/2018	Mattin 101
Tuesday	1/30/2018	Mattin 101
Thursday	2/1/2018	Mattin 101
Tuesday	2/6/2018	Mattin 101
Thursday	2/8/2018	Mattin 101
Tuesday	2/13/2018	Mattin 101
Thursday	2/15/2018	Mattin 101
Tuesday	2/20/2018	Mattin 101
Thursday	2/22/2018	Mattin 101
Tuesday	2/27/2018	Mattin 101
Thursday	3/01/2018	Mattin 101
Tuesday	3/06/2018	Mattin 101
Thursday	3/08/2018	Mattin 101
Tuesday	3/13/2018	Mattin Dance Studio
Thursday	3/15/2018	Mattin 101
Tuesday	3/20/2018	No Class
Thursday	3/22/2018	Mattin 101

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

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