



Vanderbilt Orthopaedic Institute
Fitness Center

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
6:00am – 6:30am	Spinervals Cycling REC Room		Spinervals Cycling REC Room		Spinervals Cycling REC Room
6:30am – 7:00am	“CORE” Abs Class REC Room 6:45am - 7:00am	Back Basics Class REC Room		Back Basics Class REC Room	“CORE” Abs Class REC Room 6:45am – 7:00am
7:00am – 7:30am	AND 7:00am – 7:15am				Reserved for Total Joint Patients 7:00am – 10:00am
7:30am – 8:00am					
8:00am – 8:30am					
8:30am – 9:00am					
9:00am – 9:30am					
9:30am – 10:00am					
10:00am – 10:30am	Back Basics for PT		Back Basics for PT		
10:30am – 11:00am					
11:00am – 11:30am	Spinervals Cycling REC Room				
11:30am – 12:00pm	Spinervals Cycling REC Room				
12:00pm – 12:30pm					Reserved for Total Joint Patients 12:00pm – 3:00pm
12:30pm – 1:00pm					
1:00pm – 1:30pm					
1:30pm – 2:00pm					
2:00pm – 2:30pm					
2:30pm – 3:00pm					
3:00pm – 3:30pm					
3:30pm – 4:00pm					
4:00pm – 4:30pm					
4:30pm – 5:00pm					
5:00pm – 5:30pm	Back Basics Class REC Room	Spinervals Cycling REC Room	Back Basics Class REC Room	Spinervals Cycling REC Room	Spinervals Cycling REC Room
5:30pm – 6:00pm	5:15pm – 5:45pm		5:15pm – 5:45pm		
6:00pm – 6:30pm			“CORE” Abs Class REC Room 6:00pm – 6:15pm		
6:30pm – 7:00pm					

Spinervals – Come and join one of the most entertaining and exciting ways to workout. Indoor cycling puts you in the seat of a racing bike and gives you a fun workout. The focus is n maintaining lower extremity range of motion, strength, and flexibility. *Class time 45-60 min.*

Back Basics – This beginner back class stresses low back flexibility and stabilization while mildly stressing strength and core stability. This class is perfect for individuals who want to increase their flexibility and decrease or prevent back pain. *Class time 30 min.*

“CORE” Abs – This class is designed to strengthen your abdominal region, or “core”. It is a low intensity but demanding class that will strengthen and tone your abdomen and help with balance, back pain, and body mechanics. *Class time 15 min.*

Hope To See You There!