

# Muscle Toning and Conditioning at Homewood

For JHU Faculty and Staff

## **Toning Class:**

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

## **Session Date:**

January 7 –  
March 19, 2020

## **Location:**

(see room schedule)

## **Cost for Session:**

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

*Lump sum payment will be  
collected via payroll  
deduction only*

## **Notes:**

Bring a yoga mat,  
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](mailto:wellnessprograms@jhu.edu)  
with questions



Sponsored by the Office of Benefits Services

# Muscle Toning and Conditioning at Homewood

For JHU Faculty and Staff

Tuesday	1/7/2020	<i>Mattin 101</i>
Thursday	1/9/2020	<i>Mattin 101</i>
Tuesday	1/14/2020	<i>Mattin 101</i>
Thursday	1/16/2020	<i>Mattin 101</i>
Tuesday	1/21/2020	<i>Mattin 101</i>
Thursday	1/23/2020	<i>Mattin 101</i>
Tuesday	1/28/2020	<i>Mattin 101</i>
Thursday	1/30/2020	<i>Mattin 101</i>
Tuesday	2/4/2020	<i>Mattin 101</i>
Thursday	2/6/2020	<i>Mattin 101</i>
Tuesday	2/11/2020	<i>Mattin 101</i>
Thursday	2/13/2020	<i>Mattin 101</i>
Tuesday	2/18/2020	<i>Mattin 101</i>
Thursday	2/20/2020	<i>Mattin 101</i>
Tuesday	2/25/2020	<i>Mattin 101</i>
Thursday	2/27/2020	<i>Mattin 101</i>
Tuesday	3/3/2020	<i>Mattin 101</i>
Thursday	3/5/2020	<i>Mattin 101</i>
Tuesday	3/10/2020	<i>Mattin 101</i>
Thursday	3/12/2020	<i>Mattin 101</i>
Tuesday	3/17/2020	<i>Mattin 101</i>
Thursday	3/19/2020	<i>Mattin 101</i>

Sponsored by the Office of Benefits Services