

# SCSU Fitness Center

## GROUP EXERCISE CLASS SCHEDULE & FACILITY HOURS

### MAY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note the changes in group exercise classes AND Fitness Center Hours. Student Spring Memberships END May 23. Summer hours & Student Summer Memberships begin May 27. <b>SUMMER HOURS:</b> Monday-Thursday 8am-7pm Friday 8am-4:30pm Weekends & Holidays CLOSED				8 ABS 11am-11:30 Yoga 5-6p  7am- 10pm	9 YOGA-LATES 12:15pm-1:15  7am- 6pm	10   9am-4pm
11  2pm-7pm	12 SCULPT 12:15pm YOGA 6:00pm <a href="#">Faculty/staff summer memberships begin</a> 7am- 10pm	13 STEP 12:15 pm CYCLE FIT 5pm 7am- 10pm	14 CARDIO KICKBOX 12:15-1:15pm FLEX 5pm-6pm 7am- 8pm	15 ABS 11am-11:30  7am- 8pm	16 YOGA-LATES 12:15pm-1:15pm  7am- 4:30pm	17 CLOSED
18 CLOSED	19 SCULPT 12:15pm  8am- 6pm	20 NO CLASSES  8am- 6pm	21 CARDIO KICKBOX 12:15-1:15pm  8am- 6pm	22 NO CLASSES  8am- 4:30PM	23 NO CLASSES  8am-1pm	24 CLOSED
25 CLOSED	26 CLOSED <b>SUMMER HOURS &amp; Student Memberships BEGIN 5/27</b>	27 BOOT CAMP 12:30-1:15  8am-7pm	28 CYCLE FIT 12:30-1:15  8am-7pm	29 Instructor's Choice 12:30-1:15  8am-7pm	30 YOGA-LATES 12:30-1:30  8am-4:30pm	31 CLOSED