

GROUP EXERCISE SCHEDULE

Spring 2012

Classes Begin: 1/18/12

*Yoga for Athletes begins 1/25/12



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15—1:15 <u>SCULPT</u> Lisa	12:30—1:30 <u>PILATES</u> Michelle	12:30—1:30 <u>CYCLING/ABS</u> <u>FUSION</u> Abby	12:30—1:30 <u>PILATES</u> Michelle	12:15—1:15 <u>YOGA</u> Amanda
3:30—4:30 <u>HARD BODY</u> <u>BOOTCAMP</u> Amanda		3:30—4:30 <u>HARD BODY</u> <u>BOOTCAMP</u> Amanda	2:00—3:00 <u>Pure Strength</u> Abby	
4:00—4:45 <u>CYCLING</u> Abby	4:00—4:45 <u>CARDIO KICKBOX</u> Jess		4:00—4:45 <u>HIGH INTENSITY</u> <u>INTERVAL TRAINING</u> Ally	
5:00—6:00 <u>VINYASA YOGA</u> Lyn	5:00—6:00 <u>CYCLING</u> Ally	5:00—6:00 <u>YOGA</u> <u>FOR ATHLETES</u> Lyn		
6:15—7:15 <u>ZUMBA®</u> Anna	6:15—7:15 <u>ZUMBA®</u> Melanie	6:00—6:45 <u>CYCLING</u> Ally		
7:30—8:30 <u>Buns, Guns, & Abs</u> Abby		6:30—7:30 <u>CARDIO KICKBOX</u> Gabriella		
		8:00—9:00 <u>ZUMBA®</u> Melanie		

FITNESS CENTER HOURS

Mon-Thurs 7am-10pm
 Fri 7am-8pm
 Sat 9:30am-4:30pm
 Sun 2pm-7pm

Group Exercise Information

You must sign up for classes at the front desk. Sign-ups start 15 minutes before the class starts.

Members only!

Space is limited in all classes!

Water is required for Cycling!

*At least two participants required to hold class. Classes with low attendance may be cancelled.

Classes subject to change or cancellation.

2nd Floor, Adanti Student Center 203-392-8971

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