



Finals & Winter Break Hours & Classes 09-10

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
12/14 7am-10pm <i>Cycle/Sculpt - 12:15pm</i> <i>Hip-Hop - 6:15pm</i>	12/15 7am-10pm <i>CycleFit - 5:00pm</i> <i>Zumba - 6:15pm</i>	12/16 7am-10pm <i>NO GROUP FITNESS CLASSES!</i>	12/17 7am-7pm <i>Core - 1:00pm</i>	12/18 7am-4pm <i>Yoga - 12:15pm</i>	12/19 and 12/20 CLOSED
12/21 8am-4:30pm	12/22 8am-4:30pm	12/23 8am-4:30pm	12/24 CLOSED	12/25 CLOSED	12/26 and 12/27 CLOSED
12/28 8am-4:30pm	12/29 8am-4:30pm	12/30 8am-4:30pm	12/31 8am-2pm	1/1 CLOSED	1/2 and 1/3 CLOSED
1/4 8am-:30pm <i>Cycling Express - 12:15-12:45pm</i>	1/5 8am-4:30pm <i>Yoga - 12:15-1:00pm</i>	1/6 8am-4:30pm <i>Cardio/Sculpt Express 12:15-12:45pm</i>	1/7 8am-4:30pm	1/8 8am-4:30pm	1/9 and 1/10 CLOSED
1/11 8am-4:30pm <i>Cycling Express - 12:15-12:45pm</i>	1/12 8am-4:30pm <i>Yoga - 12:15-1:00pm</i>	1/13 8am-4:30pm <i>Cardio/Sculpt Express 12:15-12:45pm</i>	1/14 8am-4:30pm	1/15 8am-4:30pm	1/16 and 1/17 CLOSED
1/18 CLOSED	1/19 8am-4:30pm <i>Yoga - 12:15-1:00pm</i>	1/20 8am-4:30pm <i>Cardio/Sculpt Express 12:15-12:45pm</i>	1/21 8am-4:30pm	1/22 8am-4:30pm	1/23 and 1/24 CLOSED

- Hours subject to change due to weather.
- Check the website for the most up to date information!
- Sign in at the front desk for all Group Fitness classes ≤15 minutes before class.

SCSU Fitness Center
203-392-8971
fitness@southernct.edu

SHAPING
the Student Body

southernct.edu/fitnesscenter