

Fall 2009 GROUP FITNESS SCHEDULE

SESSION II: October 26th – December 13th

Free Week: October 26th – November 1st

7-Week Pass for Students=\$15 • Faculty/Staff=\$30

Community=\$25.00 (plus the initial membership fee of \$90.00 per semester)

21 Days of Fitness:

Attend 21 classes and win great prizes along the way!

Studio A (51)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-9:50am					CYCLE/STRENGTH Chris
11:00-11:50pm		CYCLE N' SCULPT Janna		CYCLE N' SCULPT Janna	
5:00-5:50pm	CYCLE Amy	CYCLE (40 min) Whitney		H.I.T. UK	
6:00-6:50pm					
7:00-7:50pm			NAMASTE CYCLE Claire	NAMASTE CYCLE Amy	

Studio B (53)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00-8:50am	PILATES DJ	YOGA I Serah	BODY SCULPT DJ	YOGA I Becca		
9:00-9:50am	BOOTCAMP EXTREME Chris		BOOTCAMP EXTREME Chris			
9:30-10:20am				STEP Becca		
10:00-10:45am	CORE STRENGTH Chris					
11:00-11:45am			H.I.T. Whitney		ABSOLUTELY ABS & ARMS Chris	
1:00-1:30pm	EXPRESS ABS Chris		EXPRESS ABS Erin			
4:00-4:50pm	BODYSULPT Missy	CORE RHYTHMS UK	B'N'G Erin	HIP HOP CARDIO Erin	BODY SCULPT Sarah	
5:00-5:50pm	STEP Jenn	CORE STRENGTH Sarah	STEP Missy	PILATES Jenn		TRI-IT DJ
6:00-6:50pm	H.I.T. UK	YOGA II Laura	CIRCUIT TRAINING Janna	B'N'G Sarah		YOGA I Serah
7:00-7:50pm		YAWNING YOGA Amy				YOGA II Serah