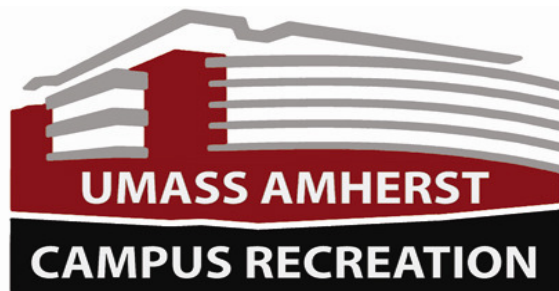


Group Fitness at Campus Recreation



****GET FIT****

November

CAMPUS RECREATION

2009

****STAY FIT****

Monday

8:00-9:00 am	210
9:00-10:00 am	121
12:30-1:30 pm	215
2:00-3:15 pm	210
3:30-4:45 pm	210
5:30-6:30 pm	210
7:00-8:00 pm	215

Down to the Core	Jill
Cycling	Erika
Cardio Blast	Jill
Power Yoga *	Eric
Yoga Basics *	Eric
Cardio Kick Boxing	Meredith
Zumba®	Gaby

Thursday

8:00-9:00 am	210
12:30-1:30 pm	215
1:30 -2:30pm	121
1:00-2:15 pm	210
2:30-3:45 pm	210
4:00-5:15 pm	210
4:30-5:30 pm	121
5:30-6:30 pm	215
6:00-7:00 pm	210
7:00-8:00 pm	215

Down to the Core	Jill
Zumba®	Gaby
Cycling	Jill
Yoga Basics*	Eric
Intermediate Yoga*	Eric
Yoga Basics*	Eric
Cycling	Mike
Step & Sculpt	Carrie
Latin Fusion	Emily
Music Video Dance*	Tracy

Tuesday

8:00-9:00 am	215
12:30-1:30 pm	215
1:00-2:15 pm	210
2:30-3:45 pm	210
4:00-5:15 pm	210
4:30-5:30 pm	121
5:30-6:30 pm	215
6:00-7:00 pm	210
7:00-8:00 pm	215

Cardio Kick Boxing	Meredith
Zumba®	Gaby
Yoga Basics*	Eric
Intermediate Yoga*	Eric
Yoga Basics*	Eric
Cycling	Mike
Zumba®	Gaby
Latin Fusion	Emily
Cardio Funk	Tracy

Friday

8:00-9:00 am	210
12:00-1:00 pm	210
5:30-6:30 pm	215

Total Body Strength	Meredith
Cardio Dance & Tone	Tracy
Cardio Kick Boxing	Eliza

Wednesday

8:00-9:00 am	215
12:30-1:30 pm	210
2:00-3:15 pm	210
3:30-4:45 pm	210
5:00-6:00 pm	215
6:00-7:00 pm	210
7:00-8:00 pm	215

Cardio Kick Boxing	Erika
Cardio Dance & Tone	Tracy
Power Yoga *	Eric
Yoga Basics *	Eric
ABS-olute Training	Mike
Cardio Kick Boxing	Eliza
Latin Fusion	Emily

Saturday

11:00am-12:00 pm	210
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Cardio Kick Boxing	Meredith
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*Music Video Dance is Single Ladies

*All Yoga classes are fee based

*All classes subject to change based on instructor availability