




****GET FIT****

Drop-in Workouts at Campus Recreation

****STAY FIT****

July 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Cardio Kickboxing - Amy 12-1pm Boyden 10 Cardio Funk - Molly 5:30-6:30pm Boyden 10	2 Boot Camp - Amy 8-9am Boyden 10 Cardio Funk/Abs - Molly 12-1pm Boyden 10	3 Total Body Strength - Amy 12-1pm Boyden 10 Hip-Hop Club Cardio- Tracy 5:30-6:30pm Boyden 10	4 INDEPENDENCE DAY NO CLASSES	5
6	7 Upper Limit/Abs - Amy 12-12:45pm Boyden 10	8 Spinning - Amy 8-8:45am Totman Gym Cardio Dance - Tracy 12-1pm Boyden 10 Cardio Funk - Molly 5:30-6:30pm Boyden 10	9 Cardio Funk/Abs - Molly 12-1pm Boyden 10	10 Interval Training - Amy 8-9am Boyden 10 Step Aerobics - Amy 12-1pm Boyden 10 Hip-Hop Club Cardio- Tracy 5:30-6:30pm Boyden 10	11 Lower Body/Abs - Amy 12-12:45pm Boyden 10	12
13	14 	15 Cardio Dance - Tracy 12-1pm Boyden 10 Cardio Funk - Molly 5:30-6:30pm Boyden 10	16 Cardio Kickboxing/Stretch - Molly 8-9am Boyden 10 Cardio Funk/Abs - Molly 12-1pm Boyden 10	17 Hip-Hop Club Cardio- Tracy 5:30-6:30pm Boyden 10	18 Cardio Kickboxing/Stretch Molly 12-1pm Boyden 10	19
20	21 	22 Cardio Dance - Tracy 12-1pm Boyden 10 Cardio Funk - Molly 5:30-6:30pm Boyden 10	23 Cardio Funk/Abs - Molly 12-1pm Boyden 10	24 Cardio Kickboxing/Stretch- Molly 8-8:45am Boyden 10 Hip-Hop Club Cardio- Tracy 5:30-6:30pm Boyden 10	25 	26
27	28 Step Aerobics - Amy 8-9am Boyden 10 Cardio Kickboxing - Amy 12-1pm Boyden 10	29 Cardio Dance - Tracy 12-1pm Boyden 10 Cardio Funk - Molly 5:30-6:30pm Boyden 10	30 Spinning - Amy 8-9am Totman Gym Cardio Funk/Abs - Molly 12-1pm Boyden 10	31 Boot Camp - Amy 12-1pm Boyden 10 Hip-Hop Club Cardio -Tracy 5:30-6:30pm Boyden 10	