

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30am master swim pool Bryant	6:00-6:30am a.m. grind gym Brent	6:30-7:30am master swim pool Bryant	6:00-6:30am a.m. grind gym Brent	6:30-7:30am master swim pool Bryant	8:00-9:00am indoor cycling fitness studio Carla	
	6:00-7:00am spinning spinning studio Carla		6:00-7:00am spinning spinning studio Carla	9:30-10:30am pilates fitness studio Abigail	9:30-10:30am total body tone fitness studio Sandy	9:30-10:30am spinning spinning studio Carla/Kate
9:30-10:15am group training fifth floor Jordan		9:30-10:15am group training fifth floor Jordan		9:30-10:15am group training fifth floor Jordan	10:35-11:20am spinning spinning studio Margo	10:30-11:30am extreme sundays fitness studio Sandy
					10:45-11:45am zumba fitness studio Sharona	12:00-12:45pm combat conditioning gym Brent and Kahal
11:30-12:15pm spinning spinning studio Sandy	11:30-12:15pm spin & sculpt spinning studio Kate	11:30-12:15pm spinning spinning studio Margo	11:30-12:15pm spin & sculpt spinning studio Kate	11:30-12:15pm spinning spinning studio Sandy	12:00-1:00pm body sculpt fitness studio Mary	
12:30-1:15pm spinning spinning studio Tina	12:30-1:15pm spinning spinning studio Lisa	12:30-1:15pm spinning spinning studio Tina	12:30-1:15pm spinning spinning studio Kate	12:30-1:15pm spinning spinning studio Tina		
	6:00-7:00pm pilates fitness studio Abigail		5:40-7:00pm yoga fitness studio Nora			
6:00-7:30pm yoga fitness studio Nora	6:30-7:30pm spinning spinning studio Laura	6:30-7:30pm body sculpt fitness studio Audrae	6:30-7:30pm spin & sculpt spinning studio Margo			
			7:00-7:45pm tae kwando gym Kim			



Classes noted in blue are Small Group Training Classes (SGTs) and require an additional fee.

Please contact Dana Johnson in the Athletics Office for details.

*Classes and instructors subject to change.

EFFECTIVE March 1, 2010