

 **SPRING 2015 GROUP FITNESS CLASS SCHEDULE** 

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00 AM	BOOTCAMP COLTON	HIIT COLTON	BOOTCAMP COLTON	HIIT COLTON	BOOTCAMP COLTON
7:00-7:45 AM	YOGA TAWNIE	CORE SCULPT CYDNEY	YOGA TAWNIE	CORE SCULPT CYDNEY	YOGA CYDNEY
10:00-10:30	BALLS & BANDS JESSICA	BALLS & BANDS STEPHANIE	BALLS & BANDS JESSICA	BALLS & BANDS BRI	BALLS & BANDS ALISSA
12:00-12:45 PM	YOGA SCULPT KIM	BUTT, CORE & MORE KIM/BRI	PILATES KIM	TOTAL BODY SCULPT KIM	STEP AEROBICS KIM
3:00-3:45 PM	BOOTCAMP JERICHO	CORE SCULPT JERICHO	BODY SCULPT ALISSA	CORE SCULPT JERICHO	CORE SCULPT GARRETT
3:45-4:30 PM	CORE SCULPT GENEVIE	CARDIO STRENGTH CIRCUIT ALISSA	CORE SCULPT GENEVIE	CARDIO STRENGTH CIRCUIT ALISSA	BODY BLAST GENEVIE
4:30-5:15 PM	YOGA JERICHO	BOOTCAMP GARRETT	CIRCUIT TRAINING GARRETT	BOOTCAMP GARRETT	HIIT GARRETT
5:15-6:00 PM	HIIT GARRETT	PILATES BRI	STEP AEROBICS BRIANNA	PILATES BRI	BOOTY BOOTCAMP BRI
6:00-7:00 PM	ZUMBA JOYCE/TONYA	ZUMBA JOYCE/TONYA	BENINNER BOOTCAMP (45MIN) JOE	ZUMBA JOYCE/TONYA	STRENGTH TRAINING (45 MIN) JOE
7:00-7:45 PM	STEP AEROBICS BRIANNA		HIIT GARRETT	CIRCUIT TRAINING GARRETT	STEP AEROBICS BRI
7:30-8:30 PM		YOGA TAWNIE			
7:45-8:30 PM	BOOTCAMP JOE	STRENGTH TRAINING ZACK	YOGA BRI	CORE SCULPT JESSICA	

GROUP FITNESS CENTER SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE!

HOURS OF OPERATION: M-TH 6AM-10PM, FRI 6AM-8PM, SAT 10AM-2PM CLOSED WHEN THE UNIVERSITY IS CLOSED FOR HOLIDAYS