



# Summer 2017 GROUP FITNESS SCHEDULE June 26th - August 10<sup>th</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Noon	Yoga <b>G</b> 12:15-1:00 pm w/Alex		Yoga <b>G</b> 12:15-1:00 pm w/Alex		NO CLASSES	NO CLASSES
Evening	Spin <b>G</b> 4:15- 5:15 pm w/Hannah	Spinsanity <b>G</b> 4:15- 5:15 pm w/ Hannah	Spin <b>G</b> 4:15- 5:15 pm w/Hannah	Spinsanity <b>G</b> 4:15- 5:15pm w/ Hannah		
	Zumba <b>G</b> 5:30- 6:30pm w/Emily	Boot Camp <b>G Y</b> 5:30- 6:30 pm w/Hannah	Zumba <b>G</b> 5:30- 6:30pm w/Emily	Boot Camp <b>G Y</b> 5:30- 6:30 pm w/Hannah		
		Yoga <b>G</b> 6:35-7:00 pm W/Alex		Yoga <b>G</b> 6:35-7:00 pm W/Alex		

## KEY

**G** - Group Fitness Room 134

**F** - Fitness Room 104

**Y** - The Yard

## INFO

- Class schedule is subject to change without notice
- Classes are on a first come basis
- No registration is required
- You may join at any point in the semester



University of Central Oklahoma  
www.ucowellnesscenter.com  
Contact: Khari Huff at khuff4@uco.edu or 974-3119

**STRIVE FOR PROGRESS NOT PERFECTION**