



Summer 2019 GROUP FITNESS SCHEDULE June 24th - August 9th



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Morning Noon	Vibe Hip-Hop® G 12:15-1:00 pm w/Jennifer	HEAT® G 12:15-1:00 pm w/Kelly	Vibe Hip- Hop® G 12:15-1:00 pm w/Jennifer	HEAT® G 12:15-1:00 pm w/Kelly	NO CLASSES	NO CLASSES
Evening	Yoga/Pilates G 4:15- 5:00 pm w/Casi	Spinsanity G 4:15- 5:15 pm w/ Hannah	Yoga/Pilates G 4:15- 5:00pm w/Casi	Spinsanity G 4:15- 5:15pm w/ Hannah		
	Zumba® G 5:30- 6:15pm w/Emily	Strength Training G 5:30- 6:15 pm w/Hannah	Zumba® G 5:30- 6:15pm w/Emily	Strength Training G 5:30- 6:15 pm w/Hannah		
	Spin G 6:30- 7:15 pm w/Hannah	Yoga G 6:30 -7:15 pm w/Alex	Spin G 6:30- 7:15 pm w/Hannah	Yoga G 6:30-7:15 pm w/Alex		

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

KEY

G - Group Fitness Room 134

F - Fitness Room 104

Y - The Yard