



























# Campus Recreation Group Fitness Class Schedule

Fall 2009

Room 207B Student Activities Center

Class Format	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM - 60 Minutes	 <b>Strictly Step</b> (Mandy)	 <b>Intermediate</b> <b>Yoga</b> (Lisa)	 <b>Strictly Step</b> (Mandy)	 <b>Intermediate</b> <b>Yoga</b> (Lisa)	
6:00 AM - 60 Minutes *Court 5	 <b>Boot Camp</b> (Kata)	<b>Boot Camp starts</b> 9/28 and ends 11/11	 <b>Boot Camp</b> (Kata)	<b>Boot Camp starts</b> 9/28 and ends 11/11	
7:00 AM - 60 Minutes	 <b>Beginning</b> <b>Yoga</b> (Pam)		 <b>Beginning</b> <b>Yoga</b> (Pam)		 <b>Flow Yoga</b> (Pam)
11:45 AM - 60 Minutes *Mezzanine	 <b>Yoga</b> <b>All Levels</b> (Lisa)		 <b>Yoga</b> <b>All Levels</b> (Pam)		
1:15 PM - 60 Minutes			 <b>Hip Hop</b> Abby & Sophie		 <b>Pump</b> (Katherine)
3:00 PM - 60 Minutes	 <b>Kickboxing</b> (Meagan)	 <b>Yogalates</b> (Pam)	 <b>Power</b> <b>Rhythms</b> (Pam)	 <b>Kickboxing</b> (Meg)	<p><i>New</i></p> <p><b>Sundays</b> at <b>4:00 PM</b> (Sarah) <b>Room 207B</b></p> 
3:45 PM - 15 Minutes	<b>Ab Fitness</b> (Meagan)	<b>Butts &amp; Gutts</b> (Pam)	<b>Ab Fitness</b> (Pam)	<b>Butts &amp; Gutts</b> (Meg)	
4:00 PM - 45 Minutes	 <b>Aerobic</b> <b>Dance</b> <b>Mix</b> (Liz)	 <b>ZUMBA</b> (Sarah) <b>FITNESS</b>	 <b>Aerobic</b> <b>Dance</b> <b>Mix</b> (Liz)	 <b>ZUMBA</b> (Kristan) <b>FITNESS</b>	
5:00 PM - 60 Minutes	 <b>Step + Pump</b> (Meg/Pam)	 <b>Pilates</b> (Liz)	 <b>Pump</b> (Meagan)	 <b>Pilates</b> (Liz)	
<b>ZUMBA</b>	Due to popular demand Tuesday and Thursday Zumba is held on Courts 3 & 4				
<b>Note:</b>	Schedule is subject to change based on interest level.				





