



Spring 2012 **GROUP FITNESS SCHEDULE**

Day/Time	Class	Instructor	Start Date
<u>Monday</u>			
11:00am-Noon	Power Yoga	Melissa	January 23 rd
Noon-1:00pm	Tone Up	Kathy	January 23 rd
4:00pm-5:00pm	Kickboxing	Brooke	January 23 rd
5:15pm-6:15pm	Cycling	Stephen	January 23 rd
6:30pm-7:30pm	Zumba	Monique	January 23 rd
<u>Tuesday</u>			
Noon-1:00pm	Power Yoga	Lisa	January 17 th
5:15pm-6:15pm	Cycling	Alyssa	January 17 th
7:00pm-8:00pm	Power Yoga	Amy	January 17 th
<u>Wednesday</u>			
11:00am-Noon	Power Yoga	Melissa	January 18 th
Noon-1:00pm	Tone Up	Kathy	January 18 th
4:00pm-5:00pm	Zumba	Monique	January 18 th
5:15pm-6:15pm	Cycling	Stephen	January 18 th
<u>Thursday</u>			
Noon-1:00pm	Power Yoga	Lisa	January 19 th
5:15pm-6:15pm	Cycling	Alyssa	January 19 th
6:30pm-7:30pm	Kickin' Abs	Andy	January 19 th
<u>Friday</u>			
Noon-1:00pm	Power Yoga	Amy	January 20 th
4:00pm-5:00pm	Zumba	Becca	January 20 th
5:15pm-6:15pm	Cycling	Stephen	January 20 th

If you have any questions regarding the schedule please contact
Brendan McLaughlin @ x1785 or by e-mail (bmclaughlin08@jcu.edu)

All fitness classes are funded in part by the Student Activity Fee