


# Group Fitness Schedule

Spring 2012 Session 2: April 2nd ~ May 4th

monday	tuesday	wednesday	thursday	friday
12n YOGA	12:30p MULTI-Step	12n YOGA	12:30p TURBOKICK™	12n YOGA
	3p YOGA		3p PiYO™	1p <sup>FREE!</sup> FUSION
	4p BELOW THE BELT		4p BELOW THE BELT	1:30p TURBOKICK™
4:15 CORE COMPLETE	4:15p CARDIO	4:15p CORE COMPLETE	4:15p CARDIO	 facebook
4:30p GROUP STRENGTH	5:15p CORE COMPLETE	4:30p TOTAL EXHAUST	5:15p CORE COMPLETE	
5:30p BELOW THE BELT	5:30p GROUP STRENGTH	5:30p BELOW THE BELT	5:30p STEP	
5:45p YOGA	6:30p BELOW THE BELT	5:45p YOGA	6:30p BELOW THE BELT	 twitter
6:45p CORE COMPLETE	6:45p STEP	6:45p CORE COMPLETE	6:45p GROUP STRENGTH	 YouTube
7p BOSU®	7p <sup>FREE!</sup> AQUA	7p TURBOKICK™		

## Group Indoor Cycling

	4:15p CYCLING		4:15p CYCLING	<b>WARHAWK</b>  <b>FITNESS</b>
6p CYCLING	7p CYCLING	6p CYCLING	7p CYCLING	

- \* Indoor Cycling Studio is located at the University Fitness Center (Wells Hall)
- \* Water Bottles are MANDATORY to participate in class
- \* Participants are not allowed to enter the class MORE THAN 15 minutes prior to class, saving bikes is NOT ALLOWED.



**ALL CLASSES REQUIRE ID AND FITNESS MEMBERSHIP, GROUP FITNESS OR CYCLING PASS.**

LOOKING FOR A CHALLENGE?  
INDOOR IRONMAN APRIL 2ND - 30TH