

SRC GROUP FITNESS SCHEDULE

Fall 2011

Classroom: **AR** = Aerobics Room **CS** = Cycling Studio **DS** = Dance Studio
 Please see the back of this schedule for class descriptions.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:25 AM (CS)		Beginning Cycling (Pam)		Intermediate Cycling (Alyssa)	
8:00-8:50 AM (DS)		Sunrise Yoga (Jordan)		Sunrise Pilates (Jordan)	
3:30-3:55 PM (AR)	Med/Hi Abs (Kayla)	Advanced Abs (Jordan)	Med/Hi Abs (Tracy)	Advanced Abs (Caity)	Med/Hi Abs (Alyssa)
4:00-4:50 PM (AR)	Pack the Court Zumba**	Kickboxing (Jordan)	Bootcamp (Dan)	Totally Toning (Caity)	Kick n' Tone (Tracy)
4:00-4:50 PM (DS)	Guts, Guns, & Buns (Kayla)	Cardio Dance (Jessica)	Zumba* (Jessica)	Yoga (Sean)	Zumba* (Jessica)
4:00-4:50 PM (CS)	Beginning Cycling (Pam)		Intermediate Cycling (Sean)		Intermeidate Cycling (Alyssa)
5:00-5:25 PM (AR)	Bootcamp Express (Dan)	Totally Toning Express (Eric)	Rockbottom (Mollie)	Guns & Buns (Steph)	
5:00-5:50 PM (DS)	Yoga (Jordan)	Guts, Guns, & Buns (Tracy)	Totally Toning (Eric)	Zumba* (Jessica/Emily)	
5:00-5:35 PM (CS)	Cycling Express (Tracy)	Cycling Express (Steph)	Cycling Express (Dan)	Cycling Express (Eric)	
5:30-5:55 PM (AR)	Advanced Abs (Caity)	Med/Hi Abs (Steph)	Advanced Abs (Mollie)	Med/Hi Abs (Mollie)	
6:00-6:55 PM (AR)	Full Body Blast (Caity)	Zumba* (Emily)	Kickboxing (Sean)	Kick n' Tone (Steph)	
6:00-6:50 PM (DS)	Zumba* (Emily)	Yoga (Sean)	Full Body Blast (Caity)	Cardio Strength (Tracy) ***	
6:00-6:50 PM (CS)	Intermediate Cycling (Dan)	Intermediate Cycling (Eric)			
7:00-7:50 PM (AR)	Totally Toning (Mollie)	Bootcamp (Alyssa)	Zumba* (Emily)		

*Zumba classes will last 40-45 minutes

** Will take place on Court 5

***Class will last for 25 minutes

