

# SRC GROUP FITNESS SCHEDULE

## Preview Week August 22-26

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

\*Zumba classes will last 40-45 minutes

\*\* Will take place on Court 5