

SRC GROUP FITNESS SCHEDULE

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

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:25 AM (CS)		Beginning Cycling	Intermediate Cycling		
8:00-8:45 AM (DS)		Yoga	Yoga		
3:30-3:55 PM (AR)	Med/Hi Abs	Advanced Abs	Med/Hi Abs		
4:00-4:55 PM (AR)	Totally Toning	Kickboxing	Guts, Guns & Buns		
4:00-4:50 PM (CS)		Beginning Cycling			
4:00-4:50 PM (DS)	Zumba*	Pilates	Zumba*		
5:00-5:25 PM (AR)	Rockbottom	Totally Toning Express	Rockbottom		
5:00-5:55 PM (DS)	Yoga	Full Body Blast	Bootcamp		
5:00-5:35 PM (CS)	Cycling Express		Cycling Express		
5:30-5:55 PM (AR)	Advanced Abs	Med/Hi Abs	Advanced Abs		