

# SRC GROUP FITNESS SCHEDULE

## Fall Finals Schedule 2011

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>3:30-3:55 PM (AR)</b>	Med/Hi Abs (Sean)	Med/Hi (Kalya)	Med/Hi Abs (Caity)
<b>4:00-4:50 PM (AR)</b>	Totally Toning (Eric)	Full Body Blast (Caity)	Totally Toning (Kayla)
<b>4:00-4:50 PM (DS)</b>	Zumba* (Jessica)	Yoga (Jordan)	
<b>5:00-5:25 PM (AR)</b>	Bootcamp Express (Dan)	Rockbottom (Kayla)	Rockbottom (Mollie)
<b>5:00-5:50 PM (DS)</b>	Yoga (Jordan/Kayla)	Zumba* (Jessica)	Zumba* (Emily)
<b>5:00-5:35 PM (CS)</b>	Cycling Express (Sean)	Beginning Cycling (Steph)	Cycling Express (Dan)
<b>5:30-5:55 PM (AR)</b>	Advanced Abs (Tracy)	Med/Hi Abs (Mollie)	Advanced Abs (Jordan)
<b>6:00-6:55 PM (AR)</b>	Kickboxing (Sean)	Guts, Guns, & Buns (Tracy)	Bootcamp (Dan/Roger)
<b>6:00-6:50 PM (DS)</b>	Zumba* (Emily)		Yoga (Sean)

\*Zumba classes will last 40-45 minutes