

# SRC GROUP FITNESS SCHEDULE

## Spring Schedule 2012

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>6:30-7:25 AM (CS)</b>	Intermediate Cycling (Pam)		Beginning Cycling (Eric)		
<b>8:00-8:50 AM (DS)</b>			Sunrise Yoga (Kayla)		
<b>9:00-9:50 AM (AR)</b>	Sunrise Yoga (Sean)	Zumba (Emily)			
<b>3:30-3:55 PM (AR)</b>	Med/ HI Abs (Kayla)	Advanced Abs (Dan)	Med/ HI Abs (Mollie)	Advanced Abs (Tracy)	Med/ Hi Abs (Caity)
<b>4:00-4:50 PM (AR)</b>	Bootcamp (Dan)	Kettleball Toning (Eric)	Kickboxing (Sean)	Kick n' Tone (Mollie)	Totally Toning (Caity)
<b>4:00-4:50 PM (CS)</b>	Beginning Cycling (Steph)		Intermediate Cycling (Tracy)		Beginning Cycling (Sean)
<b>4:00-4:50 PM (DS)</b>	Totally Toning (Mollie)	Yoga (Kayla)	Zumba* (Jessica)	Guts, Guns, & Buns (Tracy)	Zumba* (Emily)
<b>5:00-5:25 PM (AR)</b>	Awesome Arms (Steph)	Rockbottom (Kayla)	Kettleball Toning (Sean)	Bootcamp Express (Dan)	
<b>5:00-5:50 (DS)</b>	Zumba* (Emily)	Totally Toning (Tracy)	Guts, Guns, & Buns (Eric)	Yoga (Sean)	
<b>5:00-5:35 PM (CS)</b>	Cycling Express (Roger)	Cycling Express (Dan)	Cycling Express (Mollie)	Cycling Express (Steph)	
<b>5:30-5:55 PM (AR)</b>	Advanced Abs (Caity)	Med/ Hi Abs (Roger)	Advanced Abs (Steph)	Med/ Hi Abs (Emily)	
<b>6:00-6:50 PM (AR)</b>	Kickboxing (Emily)	Bootcamp (Roger)	Kick n' Tone (Steph)	Zumba* (Jess/Emily)	
<b>6:00-6:50 PM (DS)</b>	Guts, Guns, & Buns (Caity)	Zumba* (Jessica)			
<b>6:00-6:50 PM (CS)</b>	Intermediate Cycling (Eric)		Beginning Cycling (Dan)		
<b>7:00-7:50 PM (AR)</b>	Zumba* (Jessica)	Cardio Strength** (Tracy)	Zumba* (Emily)		

\*All Zumba classes are 45 minutes.

\*\*Cardio Strength is 25 minutes