

SRC GROUP FITNESS PREVIEW WEEK January 9 - 13, 2012

Classroom: **AR** = Aerobics Room **CS** = Cycling Studio **DS** = Dance Studio

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-3:55 PM (AR)	Med/ HI Abs (Kayla)	Advanced Abs (Dan)	Med/ HI Abs (Mollie)	Advanced Abs (Tracy)	Med/ HI Abs (Caity)
4:00-4:50 PM (AR)	Bootcamp (Dan)	Kettleball Toning (Eric)	Kickboxing (Sean)	Kick n' Tone (Mollie)	Totally Toning (Caity)
4:00-4:50 PM (CS)	Beginning Cycling (Steph)		Intermediate Cycling (Tracy)		Beginning Cycling (Sean)
4:00-4:50 PM (DS)	Totally Toning (Mollie)	Yoga (Kayla)	Zumba* (Jessica)	Guts, Guns, & Buns (Tracy)	Zumba* (Emily)
5:00-5:25 PM (AR)	Awesome Arms (Steph)	Rockbottom (Kayla)	Kettleball Toning (Sean)	Bootcamp Express (Dan)	
5:00-5:50 (DS)	Zumba* (Emily)	Totally Toning (Tracy)	Guts, Guns, & Buns (Eric)	Yoga (Sean)	
5:00-5:35 PM (CS)	Cycling Express (Roger)	Cycling Express (Dan)	Cycling Express (Mollie)	Cycling Express (Steph)	
5:30-5:55 PM (AR)	Advanced Abs (Caity)	Med/ HI Abs (Roger)	Advanced Abs (Steph)	Med/ HI Abs (Emily)	

*All Zumba classes are 45 minutes.