

SRC GROUP FITNESS SCHEDULE

Summer 2011

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

	Monday	Tuesday	Wednesday
3:30-3:55 PM (AR)	Med/Hi Abs (Hannah)		Med/Hi Abs (Jordan)
4:00-4:50 PM (AR)	Totally Toning (Hannah)	Zumba* (Emily)	Kickboxing (Melanie)
4:00-4:45 PM (DS)	Zumba* (Emily)	Pilates (Melanie)	Yoga (Jordan)
4:00-4:50 PM (CS)		Beginning Cycling (Alyssa)	
5:00-5:25 PM (AR)	Guts, Guns, and Buns (Melanie)	Advanced Abs (Alyssa)	

*Zumba classes will last 40-45 minutes.

