

SRC GROUP FITNESS SCHEDULE

Spring 2008



Classrooms: **AR** = Aerobics **DS** = Dance Studio **Pool** = Lantz Pool
Please see the back of this schedule for class descriptions!



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50 AM (DS)		Pilates	Yoga	Pilates	
Noon-12:45pm (AR)	Abs & Arms		Bosu & Abs		
3:30-3:55 PM (AR)	Med/Hi Abs	Advanced Abs	Med/Hi Abs	Advanced Abs	Med/Hi Abs
4:00-4:55 PM (AR)	Circuit Slam	Totally Toning	Kickboxing	Totally Toning	
4:00-4:45 PM (DS)		Step-n-Pilates		Step-n-Yoga	
5:00-5:25 PM (AR)	Rock Bottom	Ball 30	Bosu	Rock Bottom	
5:00-5:45 PM (DS)	Pilates	Cardio Dance			
5:30-5:55 PM (AR)	Advanced Abs	Med/Hi Abs	Advanced Abs	Med/Hi Abs	
6:00-6:55 PM (AR)	Totally Toning	Kickboxing	Totally Toning	Kickboxing	
6:00-6:55 PM (DS)	Kickboxing	Yoga	Pilates		
6:30-7:25 PM (Pool)	Aqua Splash	Aqua Splash	Aqua Splash	Aqua Splash	
7:00-7:45 PM (AR)	Ball ²	Bosu & Abs	Circuit Slam		
7:00-8:30 PM (DS)			Self-Defense 4 Women		

MEET YOUR INSTRUCTORS:

Fern Group Fitness Graduate Assistant	Martin Abs, Kickboxing, Ball 30, Totally Toning	
Maggie Abs, Aqua Splash, Simply Step	Megan Abs, Aqua Splash, Kickboxing	Lisa Abs, Cardio Explosion, Kickboxing, Simply Step
Claire Abs, Cardio Explosion, Kickboxing, Simply Step, Step 'n' Tone, Totally Toning		Emily Abs, Ball 30, Kickboxing, Simply Step
Lauren Abs, Kickboxing, Step, Totally Toning	Jess Kickboxing, Abs, Rock Bottom, Totally Toning, Salsa, Ball 30	
Meredith Abs, Ball 30, Totally Toning	Kara Abs, Ball 30, Simply Step, Totally Toning	Lindsay Pilates, Ball 30, Aqua Splash