

SRC GROUP FITNESS SCHEDULE

Spring 2009



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



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:55 AM (DS)		Stretch & Strengthen (25 minutes)	Yoga	Pilates	
Noon-12:45pm (AR)			Circuit Express		
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)	Totally Toning	20/20/20	Kickboxing	Guts, Guns, and Buns	
4:00-4:55pm (DS)	Pilates		Guts and Buns		
5:00-5:25 PM (AR)	Bosu	Rock Bottom	Rock Bottom	Awesome Arms	
5:00-5:55 PM (DS)		Pilates	Pilates	Pilates	
5:30-5:55 PM (AR)	Advanced Abs	Med/Hi Abs	Advanced Abs	Med/Hi Abs	
6:00-6:55 PM (AR)	Kickboxing	Kickboxing	Totally Toning	Totally Toning	
6:00-6:55PM (DS)	Yoga		Cardio Dance		
6:30-7:25 PM (Pool)	Aqua Splash	Aqua Splash	Aqua Splash	Aqua Splash	
7:00-7:55 PM (AR)	20/20/20	Totally Toning			
7:00-7:55 PM (DS)			Self-Defense for Women		

MEET YOUR INSTRUCTORS:

Claire

Group Fitness Graduate Assistant

Whitney

Yoga, Cardio Dance, Abs

Lindsay

Abs, Pilates, Bosu, Aqua Splash

Rendi

Abs, Yoga, Pilates, Kickboxing

Elyse

Abs, Totally toning, Bosu, Rock Bottom, Guts, Guns & Buns

Lisa

Abs, Kickboxing, Totally Toning, Rock Bottom

Doug

Pilates, Abs, Bosu, Aqua Splash

Michelle

Abs, Rock Bottom, Awesome Arms, Kickboxing, Totally Toning

Meredith

Abs, Kickboxing, Bosu& Arms, Rock Bottom, 20/20/20

Emily

Abs, Rock Bottom, Totally Toning

Maggie

Abs, Aqua Splash