

SRC GROUP FITNESS SCHEDULE

Fall 2009

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

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:25 AM (CS)		Beginning Cycling	Intermediate Cycling	Beginning Cycling	
8:00-8:50 AM (DS)		Yoga	Pilates		
12:10-12:50 PM (CS)		Intermediate Cycling	Beginning Cycling		
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	
4:00-4:45 PM (DS)			Guts and Buns		
4:00-4:50 PM (CS)	Intermediate Cycling	Beginning Cycling	Beginning Cycling	Beginning Cycling	Beginning Cycling
5:00-5:25 PM (AR)	Bosu	Rock Bottom	Rock Bottom	Circuit Toning	
5:00-5:45 PM (DS)		Pilates	Yoga	Pilates	
5:00-5:50 PM (CS)	Intermediate Cycling	Beginning Cycling	Intermediate Cycling	Beginning Cycling	
5:30-5:55 PM (AR)	Advanced Abs	Med/Hi Abs	Advanced Abs	Med/Hi Abs	
6:00-6:55 PM (AR)	Kickboxing	Bosu/Abs	Totally Toning	Kickboxing	
6:00-6:55 PM (DS)	Yoga		Cardio Dance		
6:00-6:50 PM (CS)	Beginning Cycling	Beginning Cycling	Beginning Cycling	Beginning Cycling	
6:30-7:25 PM (Pool)	Aqua Splash		Aqua Splash		
7:00-7:50 PM (AR)	20/20/20	Totally Toning			
7:00-8:30 PM(DS)				Self- Defense for Women	

