

SRC GROUP FITNESS

Fall 2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 AM (SYN)	Rise & Grind Madeline		Rise & Grind Madeline		Rise & Grind Madeline
4:00-4:25 PM (SYN)	Spin & Tone Madeline & Kristi		Spin & Tone Madeline & Kristi		All fitness classes are FREE!!!! Just drop in!!
4:30-4:55 PM (SYN)					
5:00-5:30 PM (SYN)	Panther Power Steve	Power Hour Maya	Panther Power Steve	Spin & Tone Madeline & Jenna	
5:30-6:00 PM (SYN)					
6:00-6:30 PM (SYN)		Glute Lab Jenna		Power Hour Steve	
6:30-7:00 PM (SYN)					

8:00-8:45 AM (DS)	Namaste Yoga Kristi	Namaste Yoga Kristi	Namaste Yoga Kristi	Namaste Yoga Kristi	
11:00AM-12:00PM (DS)					Namaste Yoga Siera
4:30-5:00 PM (DS)	Ab Attack Steve	Ab Attack Maya	Ab Attack Steve		Follow us on Instagram & Twitter @eiugroupfitness
5:00-5:45 PM (DS)	Barre Kristi	6 Pack Abs Jenna	Barre Kristi		
6:00-6:45 PM (DS)				6 Pack Abs Jenna	
7:00-7:45 PM (DS)	Namaste Yoga Siera	Namaste Yoga Kristi	Namaste Yoga Siera		

5:00-5:45 PM (AR)	Jump & Bump Maya		HIIT Jenna		We welcome anyone and everyone!!
6:00-7:00 PM (AR)	Body Shop Jenna	Body Shop Steve	Jump & Bump Maya	Jump & Bump Maya	