

SRC GROUP FITNESS

Summer 2014

June 16 - July 31, 2014

Classroom: **AR** = Aerobics Room **DS** = Dance Studio

	Monday	Tuesday	Wednesday
8:00-8:50AM (DS)		Yoga (Emily)	
3:00-3:45PM (AR)	Abs (Emily)		Abs (Emily)
4:00-4:50PM (AR)	Zumba (Emily)	Zumba (Emily)	Kickboxing (Emily)
5:00-5:35PM (AR)	On The Ball (Emily)	Toning Express (Emily)	