

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PILATES 6:15-7:15 AM SRC B <i>Maggie</i>	CYCLE 6:15-7:00 AM Fetzer <i>Erin</i>	MUSCLE CUT 6:15-7:15 AM SRC B <i>Kayla</i>	CYCLE 6:15-7:00 AM Fetzer <i>Julie</i>	CARDIO DANCE 12:15-1:00 PM SRC B <i>Olivia</i>
MUSCLE CUT 8:00-9:00 AM SRC B <i>Rose</i>	YOGA 8:00-9:00 AM SRC B <i>Emily</i>	YOGA 8:00-9:00 AM SRC B <i>Emily</i>	YOGA 8:00-9:00 AM SRC B <i>Emily</i>	CYCLE 12:15-1:00 PM Fetzer <i>Catherine</i>
STEP 12:15-1:00 PM SRC B <i>Wil</i>	MUSCLE CUT 12:15-1:00 PM SRC B <i>Carrington</i>	PILATES 12:15-1:00 PM SRC B <i>Lauren</i>	MUSCLE CUT 12:15-1:00 PM SRC B <i>Audrey</i>	YOGA 12:15-1:00 PM Rams Head Rec Center <i>Claire</i>
CYCLE 12:15-1:00 PM Fetzer <i>Andrea</i>	CYCLE 12:15-1:00 PM Fetzer <i>Hannah N</i>	CYCLE 12:15-1:00 PM Fetzer <i>Katie</i>	CYCLE 12:15-1:00 PM Fetzer <i>Hannah N</i>	LOWER BODY SCULPT 4:15-5:00 PM SRC B <i>Rebecca</i>
CYCLE 4:00-5:00 PM Fetzer <i>Catherine</i>	TAI CHI 4:00-5:00 PM Rams Head Rec Center <i>Joanne</i>	ZUMBA 4:00-5:00 PM SRC A <i>Billie</i>	YOGA 4:00-5:00 PM Rams Head Rec Center <i>Scott</i>	CYCLE 4:00-5:00 PM Fetzer <i>Kaitlin</i>
ZUMBA 4:00-5:00 PM SRC A <i>Marie</i>	KICKBOXING 4:00-5:00 PM SRC A <i>Julie</i>	CYCLE 4:00-5:00 PM Fetzer <i>Jennifer</i>	UPPER BODY SCULPT 4:15-5:00 PM SRC B <i>Marissa</i>	BARRE 4:15-5:15 PM Rams Head Rec Center <i>Maggie</i>
INSANITY 4:15-5:00 PM SRC B <i>Chris</i>	LOWER BODY SCULPT 4:15-5:00 PM SRC B <i>Marissa</i>	BARRE 4:00-5:00 PM Rams Head Rec Center <i>Sammie</i>	MUSCLE CUT 5:15-6:15 PM SRC B <i>Emma</i>	SATURDAY
YOGA 5:15-6:15 PM Rams Head Rec Center <i>Dana</i>	MUSCLE CUT 5:15-6:15 PM SRC B <i>Emma</i>	3-2-1 5:15-6:00 PM SRC B <i>Carrington</i>	H2O DANCE 5:30-6:30 PM Bowman Gray Pool <i>Sammie</i>	CYCLE 10:45-11:45 AM Fetzer <i>Rachel</i>
STEP AND TONE 5:15-6:15 PM SRC B <i>Liz</i>	WATER AEROBICS 5:15-6:15 PM Bowman Gray Pool <i>Jana</i>	DOONYA 5:30-6:30 PM SRC A <i>Sadhana</i>	ZUMBA 5:15-6:15 PM SRC A <i>Sarah R</i>	VINYASA FLOW 12:15-1:15 PM Rams Head Rec Center <i>Erin</i>
CARDIO BLAST 5:15-6:00 PM SRC A <i>Carrington</i>	ZUMBA 5:15-6:15 PM SRC A <i>Sarah R</i>	PILATES 5:15-6:15 PM Rams Head Rec Center <i>Maggie</i>	PILATES 5:15-6:15 PM Rams Head Rec Center <i>Megan</i>	MUSCLE CUT 4:15-5:15 PM SRC B <i>Audrey</i>
CYCLE 5:30-6:15 PM Fetzer <i>Mel</i>	MINDFUL YOGA 5:15-6:15 PM Rams Head Rec Center <i>Joanne</i>	ABSOLUTION 6:10-6:30 PM SRC B <i>Carrington</i>	CYCLE 5:30-6:30 PM Fetzer <i>Rachel</i>	SUNDAY
ABSOLUTION 6:10-6:30 PM SRC A <i>Carrington</i>	CYCLE 5:30-6:30 PM Fetzer <i>Abigail</i>	CYCLE 6:00-7:00 PM Fetzer <i>Andrea</i>	ABSOLUTION 6:25-6:45 PM SRC B <i>Emma</i>	SCULPT 3:00-4:00 PM Rams Head Rec Center <i>Morgan</i>
MUSCLE CUT BARBELLS 6:30-7:30 PM SRC B <i>Amanda</i>	ABSOLUTION 6:25-6:45 PM SRC B <i>Emma</i>	YOGA 6:30-7:30 PM Rams Head Rec Center <i>Elizabeth</i>	YOGA 6:30-7:30 PM Rams Head Rec Center <i>Victoria</i>	CYCLE 4:00-5:00 PM Fetzer <i>Jennifer</i>
SCULPT 6:30-7:30 PM Rams Head Rec Center <i>Megan</i>	YOGA FOR ATHLETES 6:30-7:30 PM Rams Head Rec Center <i>Victoria</i>	STEP AND TONE 6:45-7:45 PM SRC B <i>Rose</i>	BARRE 7:45-8:45 PM Rams Head Rec Center <i>Morgan</i>	MUSCLE CUT 4:00-5:00 PM SRC B <i>Rebecca</i>
ZUMBA 6:45-7:45 PM SRC A <i>Hailey</i>	INSANITY 6:30-7:30 PM SRC A <i>Chris</i>	ZUMBA 7:00-8:00 PM SRC A <i>Sarah M</i>		ZUMBA 5:15-6:15 PM SRC B <i>Marie</i>
YOGA 7:45-8:45 PM Rams Head Rec Center <i>Claire</i>	MUSCLE CUT 7:00-8:00 PM SRC B <i>Amanda</i>	POWER YOGA 7:45-8:45 PM Rams Head Rec Center <i>Hannah S</i>		VINYASA FLOW 6:30-7:30 PM Rams Head Rec Center <i>Victoria</i>
KICK AND SCULPT 7:45-8:45 PM SRC B <i>Karolyne</i>	CYCLE 7:00-8:00 PM Fetzer <i>Rachel</i>	MUSCLE CUT BARBELLS 8:00-9:00 PM SRC B <i>Sarah R</i>		
BARRE 9:00-9:45 PM Rams Head Rec Center <i>Arshya</i>	BARRE 7:45-8:45 PM Rams Head Rec Center <i>Maggie</i>			
	ZUMBA 7:45-8:45 PM SRC A <i>Hailey</i>			

SPRING 2017

**JANUARY 17th
– APRIL 27th**

****subject to change****

GROUP FITNESS POLICIES

- Participants will not be admitted to the class 5 minutes after the warm-up has begun
- Appropriate workout attire is required at all times. No jeans, shoes or boots, revealing tops, sports bras, etc. Participants must wear a T-shirt or tank top, athletic shorts or pants, and athletic foot wear (sneakers)
- Participants are encouraged to monitor their own workout intensity and take water breaks frequently
- When using steps, risers should not be stacked more than 2 high
- Participants are responsible for returning all equipment used during a class to the appropriate storage space
- The instructor reserves the right to ask a participant to leave should these policies not be followed
- To ensure the safety of participants, class size may be limited at the discretion of the instructor

CYCLE POLICIES

- Always Sign Up.** Sign-up sheets are available at the SRC. Participants must sign-up in person no more than one day prior to the class [registration by phone is not permitted].
- Be on Time.** Registered class participants must pick up a pass on the walk way to the cycle room, in the SRC, starting **30 minutes** prior to the class, and show it to the instructor to gain access to the cycle room. Instructors will open the cycle room **10 minutes before the start of class.** If you are not present **5 minutes** prior to the start of the class, you will be considered a "no show", and your spot will be given to another participant. Unregistered participants must line up outside the cycle room on a **first-come, first-serve basis.** The instructor will allow you into the room based on how you are lined up if any spots become available.
- Clean your bike for the Next Participant
- Every participant must bring a water bottle and a towel to spin classes.