

# LDOC/EXAM SCHEDULE

SRC: **Group Fitness** SPRING 2016

Updated 4/13/16

	LDOC WEDNESDAY 4/27	THURSDAY 4/28	FRIDAY 4/29	SATURDAY 4/30	SUNDAY 5/1	MONDAY 5/2	TUESDAY 5/3	WEDNESDAY 5/4	THURSDAY 5/5	FRIDAY 5/6	SAT - SUN 5/7 - 5/8
12:00 PM	<b>PILATES</b> 12:15 – 1:00 SRC B LAUREN	<b>3-2-1</b> 12:15 – 1:00 SRC B KATHRYN	<b>SPRING FLING</b> NO CLASS			<b>STEP</b> 12:15 – 1:00 SRC B LIZ	<b>MUSCLE CUT</b> 12:15 – 1:00 SRC B MIA	<b>PILATES</b> 12:15 – 1:00 SRC B LAUREN	<b>MUSCLE CUT</b> 12:15 – 1:00 SRC B ANNIE	<b>ZUMBA</b> 12:15 – 1:00 SRC B ASHLEY	<b>N O C L A S S E S</b>
3:00 – 4:00 PM		<b>LOWER BODY CONDITIONING</b> 4:15 – 5:00 SRC B ADI	<b>ZUMBA</b> 4:00 – 5:00 SRC B ADI	<b>MUSCLE CUT</b> 3:00 – 4:00 SRC B SABRINA	<b>3-2-1</b> 4:00 – 4:45 SRC B <b>ABSolution</b> 4:50-5:05 MACKENSIE	<b>ZUMBA</b> 4:00 – 5:00 SRC A BILLIE	<b>UPPER BODY CONDITIONING</b> 4:00 – 4:45 SRC B MINALI		<b>LOWER BODY CONDITIONING</b> 4:00 – 4:45 SRC B SABRINA		
5:00 PM	<b>3-2-1</b> 5:15 – 6:00 SRC B KATHRYN	<b>ZUMBA</b> 5:15 – 6:15 SRC A KYLE  <b>MUSCLE CUT</b> 5:15 – 6:15 SRC B ANNIE	<b>LOWER BODY CONDITIONING</b> 5:15 – 6:00 SRC B ADI		<b>ZUMBA</b> 5:15 – 6:15 SRC A JOANN	<b>CARDIO BLAST</b> 5:15 – 6:00 SRC A CARRINGTON	<b>ZUMBA</b> 5:15 – 6:15 SRC A ASHLEY  <b>H2O DANCE</b> 5:15 – 6:15 SRC A JOANN	<b>MUSCLE CUT</b> 5:15 – 6:00 SRC B MIA	<b>ZUMBA</b> 5:15-6:15 SRC A KYLE		
6:00 PM		<b>YOGA</b> 6:30 – 7:30 SRC A HANNAH				<b>ABSOLUTION</b> 6:10 – 6:30 SRC A CARRINGTON		<b>ABSOLUTION</b> 6:10 – 6:30 SRC B MIA			
7:00 PM						<b>KICKBOXING</b> 6:45 – 7:45 SRC A KYLE	<b>YOGA</b> 7:45 – 8:45 SRC B EMILY J.	<b>YOGA</b> 7:00 – 8:00 SRC A VICTORIA			

**\*SUBJECT TO CHANGE\***

## GROUP EXERCISE 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, 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
- In step classes, 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.
- SRC and RHRC patrons are asked not to jump rope, lift weights, or stretch in the studios while fitness classes are in progress.
- 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.

# LDOC/EXAM SCHEDULE

## RAMS HEAD: Group Fitness

SPRING 2016

	LDOC WEDNESDAY 4/27	THURSDAY 4/28	FRI - SUN 4/29 - 5/1	MONDAY 5/2	TUESDAY 5/3	WEDNESDAY 5/4	THURSDAY 5/5	FRI-SUN 5/6 - 5/8
12:00 PM			<b>N O  C L A S S E S</b>					<b>N O  C L A S S E S</b>
4:00 PM		<b>YOGA</b> 4:00 - 5:00 <i>SCOTT</i>			<b>TAI CHI</b> 4:00 - 5:00 <i>JOANNE</i>		<b>YOGA</b> 4:00 - 5:00 <i>SCOTT</i>	
5:00 PM	<b>ZUMBA</b> 5:45 - 6:45 <i>SARAH</i>			<b>YOGA</b> 5:15 - 6:15 <i>EMILY G.</i>	<b>MINDFUL YOGA</b> 5:15 - 6:15 <i>JOANNE</i>	<b>ZUMBA</b> 5:45 - 6:45 <i>SARAH</i>		
6:00 PM		<b>PILATES SCULPT</b> 6:30 - 7:30 <i>REBECCA</i>		<b>LOWER BODY CONDITIONING</b> 6:30 - 7:15 <i>SABRINA</i>				
7:00 PM		<b>BARRE</b> <b>*WOOLLEN GYM</b> <b>B-19</b> 7:00 - 8:00 <i>SAMMIE</i>					<b>BARRE</b> <b>*WOOLLEN GYM</b> <b>B-19</b> 7:00 - 8:00 <i>SAMMIE</i>	
8:00 PM								

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# LDOC/EXAM SCHEDULE

# FETZER GYM: INDOOR CYCLE SCHEDULE SPRING 2016

	LDOC WEDNESDAY 4/27	THURSDAY 4/28	FRIDAY 4/29	SATURDAY 4/30	SUNDAY 5/1	MONDAY 5/2	TUESDAY 5/3	WEDNESDAY 5/4	THURSDAY 5/5	FRIDAY 5/6	SAT - SUN 5/7 - 5/8
10:00 - 12:00 PM	CYCLE 12:15 - 1:00 HANNAH	CYCLE 12:15 - 1:00 JUAN	SPRING FLING NO CLASS	CYCLE 10:45 - 11:45 SKYE		CYCLE 12:15 - 1:00 HANNAH	CYCLE 12:15 - 1:00 RACHEL	CYCLE 12:15 - 1:00 KYLE	CYCLE 12:15 - 1:00 JUAN	CYCLE 12:15 - 1:00 HANNAH	<b>N O C L A S S E S</b>
4:00 PM	CYCLE 4:00 - 5:00 SKYE		CYCLE 4:00 - 5:00 KATIE		CYCLE 4:00 - 5:00 SKYE	CYCLE 4:00 - 5:00 JUAN		CYCLE 4:00 - 5:00 KATIE			
5:00 PM		CYCLE 5:15 - 6:15 SARAH					CYCLE 5:15 - 6:15 SARAH				
6:00 PM	CYCLE 6:00 - 7:00 ERIN					CYCLE 6:00 - 7:00 ERIN					

**\*SUBJECT TO CHANGE\***

## INDOOR CYCLE PROCEDURES

To make your experience in the indoor cycle class more enjoyable, please abide by the ABCD policy...

- **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.** All participants are expected to clean their bike at the conclusion of the class.
- **Don't Forget Your Necessities.** Every participant must bring a water bottle and a towel to spin classes.