CAMPUS RECREATION
FITNESS

RAMS HEAD
REC CENTER & WOOLLEN GYM
GROUP FITNESS FALL 2016
AUG 29th - DEC 6th

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
12:00 PM					**PILATES** 12:15 – 1:00 RHRC *MAGGIE*		
3:00 PM							**BALLET SCULPT** 3:00 – 4:00 RHRC *MORGAN*
4:00 PM	**DOONYA** 4:00 – 5:00 RHRC *SADHANA*	**TAI CHI** 4:00 – 5:00 RHRC *JOANNE*		**YOGA** 4:00 – 5:00 RHRC *SCOTT*	**BARRE** 4:00 – 4:50 *WOOLLEN GYM RM B-19 *LIZ*		
5:00 PM	**YOGA** 5:15 – 6:15 RHRC *VICTORIA*	**MINDFUL YOGA** 5:15 – 6:15 RHRC *JOANNE*	**PILATES** 5:15 – 6:15 RHRC *MEGAN*	**INTENSITY** 5:15 – 6:15 RHRC *CHRIS*			**3-2-1** 5:30 – 6:15 RHRC *CARRINGTON*
6:00 PM	**3-2-1** 6:30 – 7:15 RHRC *ANDREA*	**INTENSITY** 6:30– 7:15 RHRC *CHRIS*	**MUSCLE CUT** 6:30 – 7:30 RHRC *MARISSA*	**MUSCLE CUT** 6:30 – 7:30 RHRC *AMANDA*			**YOGA** 6:30 – 7:30 RHRC *VICTORIA*
7:00 PM	**ABSOLUTION** 7:20 – 7:35 RHRC *ANDREA*						
	BARRE 7:00 – 8:00 *WOOLLEN GYM RM B-19 *SAMMIE*			**BARRE** 7:00 – 8:00 *WOOLLEN GYM RM B-19 *MORGAN*			
	YOGA 7:45 – 8:45 RHRC *VANESSA*	**PILATES** 7:45 – 8:45 RHRC *MAGGIE*	**YOGA** 7:45 – 8:45 RHRC *SABRINA*				

GROUP EXERCISE POLICIES:

1. Participants will not be admitted to the class 5 minutes after the warm-up has begun
2. 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)
3. Participants are encouraged to monitor their own workout intensity and take water breaks frequently
4. When using steps, risers should not be stacked more than 2 high
5. Participants are responsible for returning all equipment used during a class to the appropriate storage space
6. SRC and RHRC patrons are asked not to jump rope, lift weights, or stretch in the studios while fitness classes are in progress
7. The instructor reserves the right to ask a participant to leave should these policies not be followed
8. To ensure the safety of participants, class size may be limited at the discretion of the instructor

Updated: 8/23/16