

STUDENT RECREATION CENTER (SRC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM			PILATES 6:15 – 7:15 SRC B <i>REBECCA W.</i>		
12:00 PM	STEP 12:15 – 1:00 SRC B <i>WIL</i>	MUSCLE CUT 12:15 – 1:00 SRC B <i>HOPE</i>	PILATES 12:15 – 1:00 SRC B <i>LAUREN</i>	BOSU STRENGTH CIRCUIT 12:15 – 1:00 SRC B <i>LIZ/DANIELA</i>	ZUMBA 12:15 – 1:00 SRC B <i>MARIE</i>
4:00 PM	ZUMBA 4:00 – 5:00 SRC A <i>BILLIE</i>				
5:00 PM	CARDIO BLAST 5:15 – 6:00 SRC A <i>CARRINGTON</i>	ZUMBA 5:15 – 6:15 SRC A <i>SARAH</i>	INTENSITY 5:15 – 6:00 SRC A <i>CHRIS</i>	ZUMBA 5:15 – 6:15 SRC A <i>SARAH</i>	
		H:O DANCE 5:15 – 6:15 BOWMAN GRAY POOL <i>REBECCA W.</i>		WATER AEROBICS 5:15 – 6:15 BOWMAN GRAY POOL <i>REBECCA W.</i>	
	ABSOLUTION 6:10 – 6:30 SRC A <i>CARRINGTON</i>	INTENSITY 5:45 – 6:30 SRC B <i>CHRIS</i>	MUSCLE CUT BARBELLS 5:45 – 6:45 SRC B <i>SARAH</i>	KICKBOXING 5:45 – 6:30 SRC B <i>JULEE</i>	

RAMS HEAD RECREATION CENTER (RHRC) & WOOLLEN GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 PM		TAI CHI 4:00 – 5:00 RAMS <i>JOANNE</i>	BARRE 4:00 – 5:00 **Woollen B-19 <i>LIZ</i>	YOGA 4:00 – 5:00 RAMS <i>SCOTT</i>	
5:00 PM	PILATES 5:15 – 6:15 RAMS <i>REBECCA W.</i>	YOGA 5:15 – 6:15 RAMS <i>JOANNE</i>			

****Woollen Dance Studio (WG B-19) – this room is located in the basement of Woollen Gym**

FETZER CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 PM	CYCLE 12:15 – 1:00 <i>HANNAH</i>	CYCLE 12:15 – 1:00 <i>HANNAH</i>		CYCLE 12:15 – 1:00 <i>HANNAH</i>	CYCLE 12:15 – 1:00 <i>KATIE</i>
5:00 PM	CYCLE 5:30 – 6:30 <i>KATIE</i>		CYCLE 5:30 – 6:30 <i>KATIE</i>		