

# Week of Welcome 2017: August 21-27

## Group Fitness Schedule

MONDAY 8/21	TUESDAY 8/22	WEDNESDAY 8/23	THURSDAY 8/24	FRIDAY 8/25
<b>CYCLE</b> 4:00-5:00 PM Fetzer Catherine	<b>MUSCLE CUT</b> 12:15-1:00 PM SRC B Kyle	<b>PILATES</b> 12:15-1:00 PM SRC B Lauren	<b>MUSCLE CUT</b> 12:15-1:00 PM SRC B Kyle	<b>ZUMBA</b> 12:15-1:00 PM SRC B Marie
<b>EMPOWER KICKBOXING</b> 5:15-6:15 PM SRC B Julee	<b>CYCLE</b> 12:15-1:00 PM Fetzer Hannah N.	<b>INTRO TO CYCLE</b> 4:30-5:00 PM Fetzer Hannah N.	<b>CYCLE</b> 12:15-1:00 PM Fetzer Hannah N.	<b>THEMED CYCLE</b> 4:00-5:00 PM Fetzer Skye
<b>THEMED CYCLE</b> 6:00-7:00 PM Fetzer Skye	<b>INTRO TO CYCLE</b> 4:30-5:00 PM Fetzer Andrea O	<b>GROUP FITNESS SAMPLER</b>	<b>MIND BODY SAMPLER</b>	<b>Cardio Blast</b> 4:15-5:00 PM SRC B Andrea A
<b>BRING IT OM YOGA</b> 7:30-8:30 PM Rams Abigale	<b>LOWER BODY SCULPT</b> 4:15-5:00 PM SRC B Marissa	<b>ZUMBA</b> 5:00-5:20 PM SRC B Marie	<b>BARRE</b> 4:30-5:00 PM Rams Julia	<b>NAMASLAY YOGA</b> 5:15-6:15 PM Rams Victoria
	<b>ZUMBA DANCE PARTY</b> 5:15-6:15 PM SRC B Hailey/Marie	<b>KICKBOXING</b> 5:20-5:40 PM SRC B El	<b>PILATES</b> 5:00-5:20 PM Rams Megan	<b>SUNDAY 8/27</b>
	<b>BARRE SO HARD</b> 5:15-6:15 PM Rams Sammie	<b>DOONYA</b> 5:40-6:00 PM SRC B Sadhana	<b>POWER YOGA</b> 5:20-5:40 PM Rams Victoria	<b>OUTDOOR BOOTCAMP</b> 2:00-3:00 PM Outdoor Education Center Maria
	<b>SHOWTUNES CYCLE</b> 6:00-7:00 PM Fetzer Catherine	<b>STEP AND TONE</b> 6:00-6:20 PM SRC B Rose	<b>SCULPT</b> 5:40-6:00 PM Rams Heather	<b>OUTDOOR YOGA</b> 4:00-5:00 PM Outdoor Education Center Elizabeth
		<b>MUSCLE CUT</b> 6:20-6:40 PM SRC B Marissa	<b>GLOWGA</b> 6:30-7:30 PM SRC B Sabrina	
		<b>3-2-1</b> 6:40-7:00 PM SRC B Carrington		
		<b>INSANITY</b> 7:00-7:20 PM SRC B Chris		
		<b>MUSCLE CUT BARBELLS</b> 7:30-7:50 PM SRC B Amanda		

### 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.