

Spring Into Fitness - January 11-15, 2016

* Subject to Change

	Monday January 11th	Tuesday January 12th	Wednesday January 13th		Thursday January 14th		Friday January 15th
			Special Events		Special Events		
12:15 PM	Step – Wil 12:15 – 1:00p.m. (SRC)	Muscle Cut – Minali 12:15 – 1:00p.m. (SRC)	Pilates – Lauren 12:15 – 1:00 p.m. (SRC) Cycle – Kyle 12:15 – 1:00p.m. (Fetzer)	Get Fit from Head to Heel Interest Meeting Daniela 12:15 – 12:45 p.m. (Racquetball ct. 6) EMPLOYEES ONLY	BOSU Strength Circuit – Liz 12:15 – 1:00 p.m. (SRC) Cycle – Rachel 12:15 – 1:00p.m. (Fetzer)		Zumba – Ashley 12:15 – 1:00p.m. (SRC) Cycle – Andrea 12:15 – 1:00p.m. (Fetzer)
4:00 PM		Lower Body Conditioning – Siobhan 4:15 – 5:00 p.m. (SRC)	Zumba – Joann 4:00 – 5:00p.m. (SRC)	Chobani Tasting with Carolina Dining Services 4:00 – 6:00 PM (SRC Lobby) Ask a Trainer 4:00 – 7:00 PM (SRC Lobby & Weight Room) Tar Heel Training Center Tours 4:00 – 7:00 PM (SRC Lobby & Racquetball Ct. 6)	Upper Body Conditioning – Sabrina 4:15 – 5:00 p.m. (SRC)	Drop-in Fitness Services including body composition measurements, foam rolling techniques, work-out tips, and more! Functional Movement and Fitness Center (FMFC) 4:00 – 7:00 p.m. Tar Heel Training Center Tours 4:00 – 7:00 PM (SRC Lobby & Racquetball Ct. 6)	Muscle Cut – Annie 4:00 – 5:00 p.m. (SRC) Intro to Cycle – Kaitlin 4:00 – 4:30 p.m. (Fetzer)
5:00 PM		Zumba – Ashley 5:15 – 6:15 p.m. (SRC)	Intro to Cycle – Erin 5:15 – 5:45 p.m. (Fetzer) Intro to TRX – Bootcamp - Olivia 5:30 – 6:00 p.m. Tar Heel Training Center (Racquetball Ct. 6) Muscle Cut – Siobhan 5:15 – 6:15p.m. (SRC)		Intro to Cycle – Sarah 5:15 – 5:45p.m. (Fetzer) Intro to Tar Heel XFIT - Meg 5:30 – 6:00 p.m. Tar Heel Training Center (Racquetball Ct. 6) Zumba – Kyle 5:15 – 6:15p.m. (SRC)		
6:00 PM			Absolution - Siobhan 6:30 – 6:50 p.m. (SRC) Intro to Olympic Weightlifting - Luis 6:15 – 6:45 p.m. Tar Heel Training Center (Racquetball Ct. 6)		Intro to Women on Weights - Annie 6:15 – 6:45 p.m. Tar Heel Training Center (Racquetball Ct. 6) Kick HIIT – Kathryn 6:30 – 7:15 p.m. (SRC)		
7:00 PM			Yoga – Hayley 7:00 – 8:00 p.m. (SRC)		Yoga – Emily J. 7:30 – 8:30p.m. (SRC)		

Drop-in Fitness Services will be offered in the Functional Movement and Fitness Center (FMFC)

Cycle classes will be held in the Fetzer Hall Cycle Studio (Fetzer)

Small Group Training classes (TRX - Bootcamp, Tar Heel XFIT, & Women on Weights) will be held in the Tar Heel Training Center (racquetball ct. 6)

Group classes will be held at the Student Recreation Center Studios A & B (SRC)

Chobani Tasting will be held in the Student Recreation Center Lobby (SRC Lobby)

Please refer to our website campusrec.unc.edu/fitness-policies for the group fitness, cycle, and small group training fitness policies