

## Group Fitness Break Schedule 2017 July 28<sup>th -</sup> August 18<sup>th</sup>

### WEEK OF JULY 24th - 28th

	MONDAY July 24 <sup>th</sup>	TUESDAY July 25 <sup>th</sup>	WEDNESDAY July 26 <sup>th</sup>	THURSDAY July 27 <sup>th</sup>	FRIDAY July 28 <sup>th</sup>
					CARDIO DANCE 12:15 – 1:00 SRC B Kyle
12:00 PM					CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.
4:00 PM	SUMMER SESSION II SCHEDULE	SUMMER SESSION II SCHEDULE	SUMMER SESSION II SCHEDULE	SUMMER SESSION II SCHEDULE	
5:00 PM					

### WEEK OF JULY 31st - August 4th

	MONDAY July 31 <sup>st</sup>	TUESDAY August 1 <sup>st</sup>	WEDNESDAY August 2 <sup>nd</sup>	THURSDAY August 3 <sup>rd</sup>	FRIDAY August 4 <sup>th</sup>
12:00 PM	<b>STEP</b> 12:15 – 1:00 SRC B <i>Wil</i>	<b>MUSCLE CUT</b> 12:15 – 1:00 SRC B <i>Lauren</i>	<b>PILATES</b> 12:15 – 1:00 SRC B <i>Lauren</i>	<b>KICKBOXING</b> 12:15 – 1:00 SRC B <i>Mya</i>	<b>ZUMBA</b> 12:15 – 1:00 SRC B <i>Sarah R.</i>
	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Andrea O.	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.		CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Kyle	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.
4:00 PM		<b>TAI CHI</b> 4:00 – 5:00 SRC B <i>Joanne</i>	STEP N SCULPT 4:00-5:00 SRC A Wil	<b>YOGA</b> 4:00 – 5:00 SRC B <i>Scott</i>	
5:00 PM	<b>MUSCLE CUT</b> 5:15 – 6:00 SRC B <i>Kyle</i>	<b>YOGA</b> 5:15 – 6:15 SRC B <i>Joanne</i>	CYCLE 5:30 – 6:30 FETZER CYCLE STUDIO Andrea O.		



# Group Fitness Break Schedule 2017 July 28<sup>th -</sup> August 18<sup>th</sup> \*SUBJECT TO CHANGE

### WEEK OF AUGUST 7<sup>th</sup> - 11<sup>th</sup>

	MONDAY August 7 <sup>th</sup>	TUESDAY August 8 <sup>th</sup>	WEDNESDAY August 9 <sup>th</sup>	THURSDAY August 10 <sup>th</sup>	FRIDAY August 11 <sup>th</sup>
12:00 PM	<b>STEP</b> 12:15 – 1:00 SRC B <i>Wil</i>	<b>MUSCLE CUT</b> 12:15 – 1:00 SRC B <i>Lauren</i>	<b>PILATES</b> 12:15 – 1:00 SRC B <i>Lauren</i>	<b>KICKBOXING</b> 12:15 – 1:00 SRC B <i>Mya</i>	<b>ZUMBA</b> 12:15 – 1:00 SRC B <i>Sarah R.</i>
	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Andrea O.	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.		CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Kyle
4:00 PM		<b>TAI CHI</b> 4:00 – 5:00 SRC B <i>Joanne</i>	KICKBOXING 4:00-5:00 SRC A <i>Mya</i>	<b>YOGA</b> 4:00 – 5:00 SRC B <i>Scott</i>	
5:00 PM	<b>MUSCLE CUT</b> 5:15 – 6:00 SRC B <i>Kyle</i>	<b>YOGA</b> 5:15 – 6:15 SRC B <i>Joanne</i>	CYCLE 5:30 – 6:30 FETZER CYCLE STUDIO Andrea O.		
		WATER AEROBICS 5:15 – 6:15 KESSING POOL Jana C.			

#### WEEK OF AUGUST 14th - 18th

	MONDAY August 14 <sup>th</sup>	TUESDAY August 15 <sup>th</sup>	WEDNESDAY August 16 <sup>6h</sup>	THURSDAY August 17 <sup>th</sup>	FRIDAY August 18 <sup>th</sup>
12:00 PM	<b>STEP</b> 12:15 – 1:00 SRC B <i>Wil</i>	<b>KICKBOXING</b> 12:15 – 1:00 SRC B <i>Mya</i>	<b>PILATES</b> 12:15 – 1:00 SRC B <i>Lauren</i>	<b>MUSCLE CUT</b> 12:15 – 1:00 SRC B <i>Sarah R.</i>	<b>ZUMBA</b> 12:15 – 1:00 SRC B <i>Hailey</i>
	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Andrea O.	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.		CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Kyle	CYCLE 12:15 – 1:00 FETZER CYCLE STUDIO Hannah N.
4:00 PM		<b>TAI CHI</b> 4:00 – 5:00 SRC B <i>Joanne</i>		<b>YOGA</b> 4:00 – 5:00 SRC B <i>Scott</i>	
5:00 PM	<b>MUSCLE CUT</b> 5:15 – 6:00 SRC B <i>Kyle</i>	<b>YOGA</b> 5:15 – 6:15 SRC B <i>Joanne</i>	<b>ZUMBA</b> 5:30 – 6:30 SRC A <i>Hailey</i>		
		WATER AEROBICS 5:15 – 6:15 KESSING POOL Jana C.	CYCLE 5:30 – 6:30 FETZER CYCLE STUDIO Andrea O.		