

## GROUP FITNESS

### SPRING INTO FITNESS 2017

	MONDAY 1/9	TUESDAY 1/10	WEDNESDAY 1/11	THURSDAY 1/12	FRIDAY 1/13
12:15-1 PM	<b>STEP</b> 12:15 – 1:00 PM SRC B <i>Wil</i>	<b>MUSCLE CUT</b> 12:15 – 1:00 PM SRC B <i>Liz</i>	<b>PILATES</b> 12:15 – 1:00 PM SRC B <i>Lauren</i>	<b>MUSCLE CUT</b> 12:15 – 1:00 PM SRC B <i>Mel</i>	<b>CARDIO DANCE</b> 12:15 – 1:00 PM SRC B <i>Olivia</i>
		<b>CYCLE</b> 12:15-1:00 PM Fetzer <i>Hannah</i>		<b>CYCLE</b> 12:15-1:00 PM Fetzer <i>Hannah</i>	
4-5 PM	<b>CYCLE</b> 4:00-5:00 Fetzer <i>Skye</i>		<b>INTRO TO CYCLE</b> 4:30-5:00 PM Fetzer <i>Skye</i>	<b>ZUMBA</b> 4:00-5:00 PM SRC B <i>Sarah R</i>	<b>CYCLE</b> 4:00-5:00 PM Fetzer <i>Catherine</i>
5:00 PM		<b>CARDIO BLAST</b> 5:15-6:15 PM SRC B <i>Carrington</i>	<b>GROUP FITNESS SAMPLER</b> SRC A  <b>Zumba</b> 5:00-5:20 PM <i>Hailey</i>  <b>Kickboxing</b> 5:20-5:40 PM <i>Julee</i>  <b>Doonya</b> 5:40-6:00 PM <i>Sadhana</i>  <b>Step and Tone</b> 6:00-6:20 PM <i>Rose</i>  <b>Muscle Cut</b> 6:20-6:40 PM <i>Amanda</i>  <b>3-2-1</b> 6:40-7:00 PM <i>Carrington</i>  <b>Insanity</b> 7:00-7:20 PM <i>Chris</i>  <b>Muscle Cut Barbells</b> 7:30-7:50 PM <i>Sarah R</i>	<b>MIND BODY SAMPLER</b> Rams Head Rec Center  <b>Barre</b> 4:30-4:50 PM <i>Sammie</i>  <b>Pilates</b> 5:00-5:20 PM <i>Maggie</i>  <b>Power Yoga</b> 5:20-5:40 PM <i>Victoria</i>  <b>Sculpt</b> 5:40-6:00 PM <i>Megan</i>	<b>MUSCLE CUT</b> 5:15-6:00 PM SRC B <i>Rebecca</i>
		<b>MUSCLE CUT BARBELLS</b> 6:30-7:30 PM SRC B <i>Sarah R</i>			
					<b>GLOWGA</b> 6:30-7:30 PM Rams Head Rec Center <i>Claire</i>