

GROUP FITNESS CLASS SCHEDULE

Begins Wednesday
October 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Jose Circuit Fusion 6:00am DJ Group Cycle	6:00am Joe Group Cycle	6:00am Jose Circuit Fusion	6:00am Joe Group Cycle	6:00am Jose Circuit Fusion 6:00am DJ Group Cycle	8:30am Jose Boot Camp	
9:00am Judy Water Aerobics	8:30am Mindy Body Sculpt	9:00am Judy Water Aerobics	8:30am Mindy Body Sculpt	9:00am Barb Water Aerobics	9:00am Judy Water Aerobics	
9:30am Suzie Strength Circuit	9:30am Jose Group Cycle	9:30am Jose Boot Camp	9:30am Lisa Group Cycle	9:30am Carolyn Group Cycle	9:30am Tara Advanced Yoga	
10:30am Constance Power Yoga	9:30am Lisa Yoga		10:30am Lisa Yoga	9:30am Jose Body Sculpt	9:30am Jose Group Cycle	
	12:00pm Jose Legs, Arms, & Abs	12:00pm Marcy Mat Pilates	12:00pm Jose Legs, Arms, & Abs	10:30am Emily Latin Groove		11:00am Bryan Group Cycle
6:00pm Mindy Body Blast	5:30pm Marcy Mat Pilates	6:00pm Mindy Body Blast	5:30pm Marcy Mat Pilates			4:00pm Nikki Yoga
6:00pm Judy Water Aerobics	6:00pm Barb Water Aerobics	6:00pm Judy Water Aerobics	6:00pm Barb Water Aerobics			
6:00pm Lisa Group Cycle	6:30pm Steve Total Body Conditioning (TBC)	6:00pm Bryan Group Cycle				
7:00pm Constance Yoga for Sports		7:00pm Constance Yoga				

COLOR KEY
Group Cycling
Group Fitness
Water Aerobics

* We reserve the right to make changes to the schedule based on guidelines set by athletic department*