

Wellness Center Group Exercise Schedule: Fall Semester 2011

Monday August 22-Friday December 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-7:50am Indoor Cycling Glen				7:00am-7:50am Indoor Cycling Glen		
	12:10-12:40pm Lunch Hour Bootcamp Glen		12:10-12:40pm Lunch Hour Bootcamp Glen		1:00pm-3:00pm Jiu Jitsu Michael	
4:10pm-5:00pm Pilates Rhea		4:10pm-5:00pm Pilates Rhea				
5:30pm-6:20pm Butts N' Gutts Lauren	5:30pm-6:20pm Hydro Power Maya	5:30pm-6:20pm Yoga Maya				5:30pm-6:20pm Hydro Power Maya
6:30pm-7:20pm Zumba Cassie	6:10pm-7:00pm Kickboxing Kodee	6:30pm-7:20pm Butts N' Gutts Lauren	6:10pm-7:00pm Kickboxing Kodee	6:30pm-7:20 Zumba Cassie		6:00pm- 6:50pm Zumba Cassie
7:30pm-9:30pm Jiu Jitsu Michael	7:10pm-8:00pm Cardio Tone Lauren		7:10pm-8:00pm Cardio Tone Lauren			



Classes are located in the Group Exercise Studio on the lower level of the Wellness Center
 Hydro Power is held in the Wellness Center pool
 Cycling classes are limited to only nine participants on a first come first serve basis

Please bring water and appropriate exercise apparel to each class
 For a description of each class please visit: www.uscupstate.edu/wellness

