

**Group Fitness Schedule**  
Spring 2012

Day	Time	Class	Location
<b>Sunday</b>			
	8pm	Water Aerobics	Pool
	9pm	Hardcore Abs	Multi-purpose room
<b>Monday</b>			
	12:15pm	Fac/Staff Circuit Weights	Weight Room
	4pm	Body Pump	Back Alley
	6pm	Circuit Weights	Weight Room
	7:30pm	Yoga	Multi-Purpose Room
<b>Tuesday</b>			
	4pm	Zumba	Back Alley
	5:15pm	Fac/Staff Water Aerobics	Pool
	7:30pm	Plyometrics	Gym
	8pm	Water Aerobics	Pool
<b>Wednesday</b>			
	12:15pm	Fac/Staff Circuit Weights	Weight Room
	4pm	Kickboxing	Back Alley
	5:15pm	Fac/Staff Land Aerobics	Back Alley
	6pm	Circuit Weights	Weight Room
	7:30pm	Step Aerobics	Multi-Purpose Room
<b>Thursday</b>			
	4pm	Zumba	Back Alley
	5:15pm	Fac/Staff Circuit Weights	Weight Room
	7:30pm	Bootcamp Fitness	Multi-Purpose Room
	8pm	Water Aerobics	Pool
<b>Friday</b>			
	7am	Zumba	Back Alley

