

GROUP FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Jose Circuit Fusion 6:00am DJ Group Cycle	6:00am Brian Group Cycle	6:00am Jose Circuit Fusion 6:30am Suzie Group Cycle	7:00am Suzie Group Cycle	6:00am Jose Circuit Fusion 6:00am DJ Group Cycle	8:30am Jose Boot Camp	
9:00am Judy Water Aerobics	8:30am Nikki Body Sculpt	9:00am Judy Water Aerobics		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 Jose Body Sculpt	9:30am Lisa/Nikki Advanced Yoga	9:30am Gaynelle Beginners Yoga
	9:30am Lisa Yoga	9:30am Carolyn Group Cycle	10:30am Lisa Yoga		9:30am Jose Group Cycle	11:00am Bryan Group Cycle
	12:00pm Jose Legs, Arms, & Abs	12:00pm Marcy Mat Pilates	12:00pm Jose Legs, Arms, & Abs	12:00pm Sharona Zumba		
	4:00pm Beth Juniors FITT		4:00pm Beth Juniors FITT		1:00pm Bryan Group Cycle	4:00pm Nikki Yoga
5:30pm Sharona Zumba	5:15pm Judy Water Aerobics		5:15pm Barb Water Aerobics			
6:00pm Lisa Group Cycle	5:30pm Marcy Mat Pilates	6:30pm Judy Water Aerobics	5:30pm Marcy Mat Pilates			
6:30pm Barb Water Aerobics	6:30pm Mack Body Blast	6:30pm Bryan Group Cycle	6:30pm Mack Body Blast			
7:00pm Constance Yoga for Golf	6:30pm Bryan Group Cycle	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*