



Easter Break 2013 Group Fitness Schedule

(Monday March 25th through Monday April 1st)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
11:00am - Noon	Power Yoga	Amy
Noon - 1:00pm	Tone Up!	Kathy
6:30pm – 7:30pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Power Yoga	Lisa
4:00pm - 5:00pm	Zumba	Helene
6:00pm – 7:00pm	Cycling	Stephen
7:15pm - 8:15pm	Power Yoga	Amy
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
6:30pm – 7:30pm	Zumba	Monique

Thursday March 28 - Monday April 1- All classes cancelled

The normal fitness schedule will resume Tuesday, April 2nd

If you have any questions regarding the schedule please contact Peter Davis @ x1785 or by e-mail (pdavis11@jcu.edu)

All fitness classes are funded in part by the Student Activity Fee