



Spring 2014 Group Fitness Schedule

(Classes start the week of January 13th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
11:00am - Noon	Slow Burn Yoga	Mary Beth
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Cycling	Alexandra
6:30pm - 7:30pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Power Yoga	Lisa
5:00pm - 6:00pm	Pilates	Chelsea
6:30pm - 7:30pm	Power Yoga	Amy
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
4:00pm - 5:00pm	Zumba	Monique
5:15pm - 6:15pm	Cycling	Alexandra
6:30pm - 7:30pm	Slow Burn Yoga	Mary Beth
<u>Thursday</u>		
Noon - 1:00pm	Power Yoga	Lisa
5:15pm - 6:15pm	Cardio Kickboxing	Theresa
6:30pm - 7:30pm	Cycling	Mary Beth
<u>Friday</u>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
5:00pm - 6:00pm	Pilates	Chelsea

*All Fitness Classes are open to students, faculty, staff, administrators and members of the John Carroll RecPlex.
Due to limited bikes, cycling classes require sign-ups at the Rec Desk 30 minutes in advance of each class.*

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