



## **Summer 2014 Group Fitness Schedule**

*Monday, May 12<sup>th</sup> through Friday, August 29<sup>th</sup>*

<b><u>Day/Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>
<b><u>Monday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
6:30pm - 7:30pm	Zumba	Monique
<b><u>Tuesday</u></b>		
Noon - 1:00pm	Power Yoga	Lisa
5:00pm - 6:00pm	Pilates	Chelsea
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
5:00pm - 6:00pm	Zumba	Monique
<b><u>Thursday</u></b>		
Noon - 1:00pm	Power Yoga	Lisa
5:00pm - 6:00pm	Zumba	Chelsea
<b><u>Friday</u></b>		
5:00pm - 6:00pm	Pilates	Chelsea

*All Fitness Classes are open to students, faculty, staff, administrators and members of the John Carroll RecPlex.*

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

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