



## **Fall 2014 Group Fitness Schedule**

*(Classes start the week of September 2<sup>nd</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
5:15pm - 6:15pm	Cycling	Alex
6:30pm - 7:30pm	Zumba	Monique
<b><u>Tuesday</u></b>		
7:00am - 8:00am	Cycling	Maddie
Noon - 1:00pm	Power Yoga	Lisa
5:00pm - 6:00pm	Pilates	Chelsea
6:30pm - 7:30pm	Power Yoga	Amy
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
5:00pm - 6:00pm	Zumba	Monique
6:30pm - 7:30pm	Cycling	Maddie
<b><u>Thursday</u></b>		
Noon - 1:00pm	Power Yoga	Lisa
4:00pm - 5:00pm	Beginner Yoga	Caroline
5:15pm - 6:15pm	Cycling	Alex
6:30pm - 7:30pm	Zumba	Chelsea
<b><u>Friday</u></b>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
5:00pm - 6:00pm	Pilates	Chelsea

*All Fitness Classes are held in the Fitness Studio, and are open to students, faculty, staff, 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  
Morgan Robinson @ x1785 or by e-mail (mrobinson14@jcu.edu)

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