



Spring 2015 Group Fitness Schedule

(Classes start the week of January 12th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Cycling	Alex
6:30pm - 7:30pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Power Yoga	Lisa
4:00pm - 5:00pm	Cycling	Maddie
5:15pm - 6:15pm	Pilates	Chelsea
6:30pm - 7:30pm	Intermediate Yoga	Caroline
<u>Wednesday</u>		
7:30am - 8:30am	Cycling	Gina
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
6:30pm - 7:30pm	Power Yoga	Amy
<u>Thursday</u>		
Noon - 1:00pm	Power Yoga	Lisa
4:00pm - 5:00pm	Beginner Yoga	Caroline
5:15pm - 6:15pm	Zumba	Chelsea
7:00pm - 8:00pm	Cycling	Alex
<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 Morgan Robinson @ x1785 or by e-mail (mrobinson14@jcu.edu)
All fitness classes are funded in part by the Student Activity Fee