



## **Fall 2015 Group Fitness Schedule**

*(Classes start the week of August 31<sup>st</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
4:00pm - 5:00pm	Cycling	Molly
5:15pm - 6:15pm	Zumba	Monique
7:00pm - 8:00pm	PiYo	Melissa
<b><u>Tuesday</u></b>		
7:30am - 8:30am	Cycling	Molly
Noon - 1:00pm	Power Yoga	Lisa
6:30pm - 7:30pm	Power Yoga	Amy
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
<b><u>Thursday</u></b>		
Noon - 1:00pm	Power Yoga	Lisa
5:15pm - 6:15pm	Beginner Yoga	Caroline
6:30pm - 7:30pm	PiYo	Melissa
<b><u>Friday</u></b>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
5:15pm - 6:15pm	Pilates	Chelsea

*All Fitness Classes 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](mailto:mrobinson14@jcu.edu))  
**\*All fitness classes are funded in part by the Student Activity Fee\***