



Summer 2016 Group Fitness Schedule

Monday, May 16th, 2016 through Friday, August 26th, 2016

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Power Yoga	Amy
4:00pm - 5:00pm	Intermediate Yoga	Caroline
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
<u>Thursday</u>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
4:00pm - 5:00pm	Beginner Yoga	Caroline
<u>Friday</u>		
Noon - 1:00pm	PiYo	Melissa

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
Morgan Robinson @ x1785 or by e-mail (mrobinson14@jcu.edu)

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