



## **Summer 2016 Group Fitness Schedule**

*Monday, May 16<sup>th</sup>, 2016 through Friday, August 26<sup>th</sup>, 2016*

<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	Zumba	Monique
<b><u>Tuesday</u></b>		
Noon - 1:00pm	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	Stretch and Strengthen	Kathy

**\*The Friday Noon PiYo class will not be meeting in July & August 2016; we apologize for the inconvenience.**

**\*\*As of 7/12/16, Caroline's Tuesday & Thursday Yoga classes will not be meeting either; thanks for your understanding.**

*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](mailto:mrobinson14@jcu.edu))

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