



## **Fall 2016 Group Fitness Schedule**

*(Classes start the week of August 29<sup>th</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	Zumba	Monique
7:00pm - 8:00pm	Vinyasa Yoga	Izabele
<b><u>Tuesday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Intermediate Yoga	Kim
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
6:30pm - 7:30pm	Vinyasa Yoga	Izabele
<b><u>Thursday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
5:15pm - 6:15pm	PiYo	Melissa
6:30pm - 7:30pm	Recovery Yoga	Kim
<b><u>Friday</u></b>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
5:15pm - 6:15pm	WERQ*	Melissa

*All Fitness Classes are open to students, faculty, staff, and members of the John Carroll RecPlex.*

*\*WERQ "is a fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses".*

If you have any questions regarding the schedule please contact  
Brian Armelli @ x1785 or by e-mail ([barmelli19@jcu.edu](mailto:barmelli19@jcu.edu))

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