



FINALS WEEK: Fall 2016
Group Fitness Schedule

(December 12th - 16th, 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
7:00pm - 8:00pm	Vinyasa Yoga	Izabele
<u>Tuesday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Intermediate Yoga	Kim
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:15pm - 6:15pm	Zumba	Monique
6:30pm - 7:30pm	Vinyasa Yoga	Izabele
<u>Thursday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Recovery Yoga	Kim
<u>Friday</u>		
Noon - 1:00pm	Stretch and Strengthen	Kathy

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

*****Stay tuned for our Winter Break 2016 - 2017 Fitness Schedule to be released soon!***

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

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