



JCU RecPlex Winter Break 2016-2017: FITNESS Schedule & HOURS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24 Closed For Christmas Eve
All Group Fitness Classes CANCELED!						
25 Closed For Christmas	26	27	28	29	30 Closed For Maintenance	31 Closed For New Year's Eve
All Group Fitness Classes CANCELED!						
1 <u>January 2017</u> Closed For New Year's Day	2	3 Noon- 1:00pm Vinyasa Flow Yoga Amy	4 Noon- 1:00pm Tone Up! Kathy	5 Noon- 1:00pm Vinyasa Flow Yoga Amy	6 Noon- 1:00pm Stretch and Strengthen Kathy	7
8	9 Noon- 1:00pm Tone Up! Kathy	10 Noon- 1:00pm Vinyasa Flow Yoga Amy	11 Noon- 1:00pm Tone Up! Kathy	12 Noon- 1:00pm Vinyasa Flow Yoga Amy	13 Noon- 1:00pm Stretch and Strengthen Kathy	14
15	16 Martin Luther King Jr. Day (Hours to be released)	17 JCU Classes Resume *Spring 2017 hours will begin today!	Hours of Recreation Beginning Saturday, December 17th through Sunday, January 15th			
			<u>Monday-Friday</u> Corbo Room: 9am-8pm Pool: Noon-2pm & 6pm-8pm IM Gym: Noon-8pm		<u>Sat-Sun</u> Corbo Room: 9am-6pm Pool: Noon-4pm IM Gym: Noon-6pm	