



Spring 2017 Group Fitness Schedule

(Classes start Tuesday, January 17th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:30pm - 6:30pm	Zumba	Monique
7:00pm - 8:00pm	Beginner Yoga	Izabele
<u>Tuesday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:00pm - 7:00pm	Intermediate Yoga	Kim
<u>Wednesday</u>		
Noon - 1:00pm	Tone Up!	Kathy
5:30pm - 6:30pm	Zumba	Monique
<u>Thursday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
7:00pm - 8:00pm	Intermediate Yoga	Izabele
<u>Friday</u>		
Noon - 1:00pm	Stretch and Strengthen	Kathy
5:30pm - 6:30pm	Vinyasa Flow Yoga	Izabele

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

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

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