



Spring 2017 Group Fitness Schedule

(Classes start Monday, March 13th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
7:00am - 8:00am	Cycling	Jess
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>		
7:00am - 8:00am	Cycling	Jess
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
5:30pm - 6:30pm	WERQ	Melissa
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)

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