



**Spring Break 2017**  
**Group Fitness Schedule**  
(March 6<sup>th</sup> - March 10<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
7:00pm - 8:00pm	Beginner Yoga	Izabele
<b><u>Tuesday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:00pm - 7:00pm	Intermediate Yoga	Kim
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Tone Up!	Kathy
<b><u>Thursday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
<b><u>Friday</u></b>		
<i>*No Group Fitness classes</i>		

Spring 2017 Group Fitness Schedule resumes Monday, March 13<sup>th</sup>, 2017.

*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\***