



Finals Week Spring 2017
Group Fitness Schedule
(May 8th – 12th, 2017)

<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	WERQ*	Melissa
<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

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

**WERQ is the fiercely fun dance fitness workout class, based on pop, rock and hip hop music.*

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