



Summer 2017 Group Fitness Schedule

Monday, May 15th, 2017 through Friday, August 25th, 2017

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

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