



JCU RecPlex Winter Break 2017-2018: FITNESS Schedule & Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <u>December 2017</u>	18 NO CLASSES!	19 Noon- 1:00pm Vinyasa Flow Yoga w/ Amy	20 All Group Fitness Classes CANCELED!	21 All Group Fitness Classes CANCELED!	22 All Group Fitness Classes CANCELED!	23
24 Closed For Christmas Eve	25 Closed For Christmas	26 Closed For Maintenance	27 All Group Fitness Classes CANCELED!	28 All Group Fitness Classes CANCELED!	29 All Group Fitness Classes CANCELED!	30
31 Closed For New Year's Eve	1 <u>January 2018</u> Closed For New Year's Day!	2 Noon- 1:00pm Vinyasa Flow Yoga w/ Amy	3 Noon- 1:00pm Blue Streak Boot Camp w/ Melissa	4 Noon- 1:00pm Vinyasa Flow Yoga w/ Amy	5 Noon- 1:00pm PiYo w/ Melissa	6
7	8 Noon- 1:00pm Blue Streak Boot Camp w/ Melissa 6:00pm-7:00pm Zumba w/ Monique	9 Noon- 1:00pm Vinyasa Flow Yoga w/ Amy	10 Noon- 1:00pm Blue Streak Boot Camp w/ Melissa 6:00pm-7:00pm Zumba w/ Monique	11 Noon- 1:00pm Vinyasa Flow Yoga w/ Amy	12 Noon- 1:00pm PiYo w/ Melissa	13
14	15 Martin Luther King Jr. Day (Hours to be released)	16 JCU Classes Resume *Spring 2018 hours will begin today!	Hours of Recreation beginning Saturday, December 16th through Sunday, January 14th			
			Monday-Friday Corbo Room: 8am-8pm Pool: Noon-2pm & 6pm-8pm IM Gym: Noon-8pm		Sat-Sun Corbo Room: 9am-6pm Pool: Noon-4pm IM Gym: Noon-6pm	