



Spring 2018 Group Fitness Schedule

(Classes start Tuesday, January 16th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
7:00am - 8:00am	Cycling*	Jess
Noon - 1:00pm	Blue Streak Boot Camp	Melissa
5:00pm - 6:00pm	Restore and Renew Yoga	Nathan
6:30pm - 7:30pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Power Yoga	Izabele
<u>Wednesday</u>		
Noon - 1:00pm	Blue Streak Boot Camp	Melissa
5:00pm - 6:00pm	Recharge and Rebalance Yoga	Nathan
6:30pm - 7:30pm	Zumba	Monique
<u>Thursday</u>		
7:00am - 8:00am	Cycling*	Jess
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Power Yoga	Izabele
<u>Friday</u>		
Noon - 1:00pm	PiYo	Melissa
5:00pm - 6:00pm	Ground and Center Yoga	Nathan

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

**Due to limited bikes, Cycling classes require sign-ups at the Rec Desk 30 minutes in advance of each class.*

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

If you have any questions regarding the schedule, please contact
Brian Armelli @ x1785 or by e-mail (barmelli19@jcu.edu)