



## Spring Break 2018 Group Fitness Schedule

(March 5<sup>th</sup> – March 9<sup>th</sup>)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u> Noon - 1:00pm	Blue Streak Boot Camp	Melissa
<u>Tuesday</u> Noon - 1:00pm	Vinyasa Flow Yoga	Amy
<u>Wednesday</u> Noon - 1:00pm	Blue Streak Boot Camp	Melissa
<u>Thursday</u> Noon - 1:00pm	Vinyasa Flow Yoga	Amy
<u>Friday</u> Noon - 1:00pm	PiYo	Melissa

Spring 2018 Group Fitness Schedule resumes Monday, March 12<sup>th</sup>, 2018.

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

*\*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](mailto:barmelli19@jcu.edu))