



## **Finals Week Spring 2018** **Group Fitness Schedule**

(May 7<sup>th</sup> – 11<sup>th</sup>, 2018)

<b><u>Day/Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>
<b><u>Monday</u></b>		
5:00pm - 6:00pm	Restore and Renew Yoga	Nathan
6:30pm - 7:30pm	Zumba	Monique
<b><u>Tuesday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Power Yoga	Izabele
<b><u>Wednesday</u></b>		
Noon - 1:00pm	Blue Streak Boot Camp	Melissa
5:00pm - 6:00pm	Recharge and Rebalance Yoga	Nathan
6:30pm - 7:30pm	Zumba	Monique
<b><u>Thursday</u></b>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
6:30pm - 7:30pm	Power Yoga	Izabele
<b><u>Friday</u></b>		
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](mailto:barmelli19@jcu.edu))