



Summer 2018 Group Fitness Schedule

(Classes start Monday, May 14th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Izabele
6:00pm - 7:00pm	Zumba	Monique
<u>Tuesday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
5:30pm - 6:30pm	Power Yoga	Izabele
<u>Wednesday</u>		
Noon - 1:00pm	PiYo	Melissa
6:00pm - 7:00pm	Zumba	Monique
<u>Thursday</u>		
5:30pm - 6:30pm	Power Yoga	Izabele
<u>Friday</u>		
<i>*No scheduled Fitness classes</i>		

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)