Fitness Schedule for Summer 2019

Classes are open to all Students, Faculty and Staff.

*Sweaty 20 and Zumba classes are Faculty/Staff only.

Monday	Centering Yoga w/ Karen 12:05pm-12:50pm, Studio 30
Tuesday	Pilot Cycle w/ Sam *Starting 5/28 12:05pm-12:50pm, Studio 20 Pilot Cycle w/ Susan *Starting 5/21 4:45pm-5:45pm, Studio 20
Wednesday	Faculty/Staff Sweaty 20 w/ Julee 12:05pm-12:30pm, Studio 30 Intro to Cardio Kickboxing *Starting 5/22 5:45pm-6:45pm, Studio 20
Thursday	Intro to Cardio Kickboxing *Starting 5/28 12:05pm-12:50pm, Studio 20 Pilot Cycle w/ Sam *Starting 6/6 5:30pm-6:30pm, Studio 20
Friday	Faculty/Staff Zumba w/ Brady 12:05pm-12:50pm, Studio 30

Register online to hold your spot at: recservices.up.edu