

## Fitness Schedule for Summer 2019

Classes are open to all Students, Faculty and Staff.

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

<b>Monday</b>	<b>Centering Yoga w/ Karen 12:05pm-12:50pm, Studio 30</b>
<b>Tuesday</b>	<b><u>Faculty/Staff</u> Weightlifting w/ Nick <i>*Starts June 4</i> 7:15am-8:15am, WR</b>  <b>Pilot Cycle w/ Sam 12:05pm-12:50pm, Studio 20</b>  <b>Pilot Cycle w/ Susan 4:45pm-5:45pm, Studio 20</b>
<b>Wednesday</b>	<b><u>Faculty/Staff</u> Sweaty 20 w/ Julee 12:05pm-12:30pm, Studio 30</b>  <b>Intro to Cardio Kickboxing w/ Madison 5:45pm-6:45pm, Studio 20</b>
<b>Thursday</b>	<b>Student Weightlifting w/ Nick <i>*Starts June 6</i> 7:15am-8:15am, WR</b>  <b>Intro to Cardio Kickboxing w/ Madison 12:05pm-12:50pm, Studio 20</b>  <b>Pilot Cycle w/ Sam <i>*Starts June 6</i> 5:30pm-6:30pm, Studio 20</b>
<b>Friday</b>	<b><u>Faculty/Staff</u> Zumba w/ Brady 12:05pm-12:50pm, Studio 30</b>

Register online to hold your spot at: [recservices.up.edu](http://recservices.up.edu)