

Aerobics Schedule Fall 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba™ 12-1 p.m. Kelsea			AM Express 7-7:45 a.m. Bre			
	30/30 12:05-12:55 p.m. Chrisanna	Pilates 12:05-12:55 p.m. Gena	Yoga 12:05-12:55 p.m. Gena	PiYo™ 12:05-12:55 p.m. Gena	Body Blast 12:05-12:55 p.m. Shannon	30/30 12-1 p.m. Katie S
Kickboxing 5:00-6:00 p.m. Jessica			30/30 4-5 p.m. Kelly D.		Kickboxing 1:10-2:10 p.m. Katie S	
Body Blast 6:15-7:15 p.m. Shawna		Body Blast 3-4 p.m. Markie	Fitness Fusion NEW! 5:05-6:05 p.m. Marissa	Body Blast 3-4 p.m. Kelly B	30/30 2:20-3:20 p.m. Shawna	
Yoga 7:30-8:30 p.m. Gena	30/30 4-5 p.m. Sarah H	Step & Sculpt 4:10-5:10 p.m. Marissa	30/30 6:10-7:10 p.m. Katie G	Kickboxing 4:10-5:10 p.m. Meghan		
	Kickboxing 5:10-6:10 p.m. Kelly D.	30/30 5:20-6:20 p.m. Sarah H	Turbokick™ 7:15-8:15 p.m. Shannon	30/30 5:20-6:20 p.m. Bre		
	Strength & Stability 6:20-7:20 p.m. Sarah M	Turbokick™ 6:30-7:30 p.m. Sarah M	Zumba™ 8:20-9:20 p.m. Markie	Turbokick™ 6:30-7:30 p.m. Sarah M		
	Turbokick™ 7:30-8:30 p.m. Shannon	Amazing Abs 7:40-8:10 p.m. Sarah M		Butts & Guts 7:40-8:10 p.m. Jessica		
	Boot Camp 8:40-9:40 p.m. Alissa	Yoga 8:15-9:30 p.m. Jen M		Yoga 8:15-9:15 p.m. Jen M		

Class Prices

Daily Pass, \$2
 15 class pass, \$20
 Semester pass, \$35
 Combo pass, \$60



Division of Student Affairs

Website:

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