

Zest for Life

Summer II 2009 Fitness Schedule

Aqua Aerobics

**Classes held at Gabel Pool in Lawson Ice Arena*

Monday	Tuesday	Wednesday	Thursday	Friday
	12:05-12:55 p.m. Shallow Aqua Sarah	12:05-12:55 p.m. Deep Aqua Danielle	12:05-12:55 p.m. Shallow Aqua Sarah	12:05-12:55 p.m. Deep Aqua Danielle
<i>Free of charge!</i>				

Yoga

**Classes held in the SRC Fitness/Wellness room*

Monday	Wednesday
Yoga 12:05-12:55 p.m. Gena	Yoga 12:05-12:55 p.m. Gena



Division of Student Affairs

SRC Fitness Classes

**Classes held in SRC Aerobics room FREE to faculty & staff!*

Monday	Tuesday	Wednesday	Thursday	Friday
30/30 12:05-12:55 p.m. Kelly	Pilates 12:05-12:55 p.m. Gena	Body Blast 12:05-12:55 p.m. Sarah	PiYo™ 12:05-12:55p.m. Gena	
TurboKick™ 5-6 p.m. Sarah		Zumba™ 6:10-7:10 p.m. Kelsea		

**Classes held in the SRC aerobics room require an SRC membership. To inquire about memberships call 387-3115.*

Additional scheduled classes do require minimal fees.

Zest for Life office: 387-3543, zfl@wmich.edu

