

# Summer Group Fitness Schedule June 9th-July 31, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10-12:55 Fitness Mix Brianna	12:10-12:55 Fitness Mix Tiffanee		12:10-12:55 Fitness Mix Tiffanee			
	5:00-6:00 Yoga Ann	5:00-6:00 Yoga Paul	5:00-6:00 Yoga Ann			
	5:35-6:20 Aquacize (pool) Brianna		5:35-6:20 Aquacize (pool) Brianna			

**Fitness Mix:** A variety of different types of fitness including step, kick box, high/low, weights, yoga, and pilates!

*\*Fitness Mix Express is 45 minutes in length*

*\*Power Fitness Mix is 1 hour 15 minutes in length*

*\*Fitness Mix is 60 minutes in length*

**Aquacize:** Great water workout for the joints with cross training benefits!

**Yoga:** This class focuses on postures, conscious breath and relaxation to enhance flexibility, strength and endurance!

**Campus Recreation (KFC): 280-2848**

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\*Schedule subject to change without notice!