

Wellness Center Group Fitness Classes: Fall 2010

October 18th- December 6th

Monday	Tuesday	Wednesday	Thursday	Friday
12:15pm -12:45pm Lunchtime Pilates (Maggie)	12:10pm-1:00pm Cardio Tone (Lauren)	12:15pm -12:45pm Lunchtime Pilates (Maggie)	12:10pm-1:00pm Cardio Tone (Lauren)	
4:10pm-5:00pm Yoga (Alena)				
5:10pm-6:00pm Pilates (Rhea)	5:10pm-6:00pm Indoor Cycling (Sam)	5:10pm-6:00pm Pilates (Rhea)	5:10pm-6:00pm Indoor Cycling (Sam)	5:10pm- 6:00pm Cardio Tone (Felicia)
6:10pm-7:00pm Cardio Tone (Felicia)	5:30pm- 6:20pm Hydro Power (Maya)	6:10pm-7:00pm Cardio Tone (Lauren)	5:30pm- 6:20pm Hydro Power (Maya)	
7:10pm- 8:00pm Zumba (Julie)	6:10pm- 7:00pm Kickboxing (Kodee)	7:10pm-8:00pm Yoga (Alena)	6:10pm- 7:00pm Kickboxing (Kodee)	
8:10 pm-9:00 pm Kick It Up A Notch (Kaneshia)	7:10pm- 8:00pm Zumba (Julie)	8:10 pm-9:00 pm Kick It Up A Notch (Kaneshia)	7:10pm- 8:00pm Zumba (Julie)	
	8:10pm- 9:00pm Dance Fusion (Maggie)		8:10pm- 9:00pm Dance Fusion (Maggie)	

Group fitness classes are 50 minutes unless otherwise noted. Lunchtime Pilates is a 30 minute class

Group fitness classes are located on the lower level of the Wellness Center in the dance studio.

Aqua fit classes are held in the Wellness Center pool.

Please note: Cycling classes are limited to nine (9) participants.

Please plan to bring a bottle of water and towel to ALL group fitness classes.

For a complete description of the classes please visit www.uscupstate.edu/wellness