



Summer Fitness Schedule 2009
June 8 through July 31



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Indoor Group Cycling	Step	Indoor Group Cycling	Step	Indoor Group Cycling	
6:30	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec	
7:00						
7:30						
8:00						Open Rec
8:30		Interval Training (Gym)		Interval Training (Gym)		
9:00	Morning Energy		Morning Energy		Morning Energy	Total Body Workout
9:30	Silver Sneakers		Silver Sneakers		Silver Sneakers	
10:00	Cardio Circuit	Pilates (D. Studio)	Cardio Circuit	Pilates (D. Studio)	Cardio Circuit	Open Rec
10:30	Open Rec	SS Cardio Circuit	Open Rec	SS Cardio Circuit	Open Rec	
11:00		Silver Sneakers		Silver Sneakers		
11:30		Yoga Stretch		Yoga Stretch		
12:00		Open Rec				
12:30	Silver Sneakers		Silver Sneakers	Silver Sneakers		
1:00	Strength & Range		Strength & Range	Strength & Range		
1:30	Open Rec		Open Rec	Open Rec		
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00		Total Core		Total Core		
5:30						
6:00		Yoga	Yoga	Yoga		
6:30						
7:00		Karate (Gym)	Open Rec	Open Rec		
7:30						
8:00						

* All fitness classes are in Bauer Hall unless otherwise noted.

Color Key: Open Rec Fitness Class Silver Sneakers