

# FITNESS CENTER SCHEDULE

SPRING 2019

	7:30am open	8:00am- 8:45am	11:30am-1:30pm	12:00pm-1:00pm	1:00pm-2:00pm	2:00pm-3:00pm	3:00pm-4:00pm	4:00pm-5:30pm
MONDAY				Tai Chi with Alan	Yoga with Patricia			
TUESDAY		Mindful Morning Yoga with Kerstin	Drop in Talks with Dietition Holly			Yoga	Trail Run with Chad	J/K Pop Dance Practice
WEDNESDAY			Drop in Talks with Dietition Holly			Zumba with Marina		
THURSDAY		Daily Burn Yoga				Strong By Zumba with Marina	Just Dance Group Gaming on the Big Screen	J/K Pop Dance Practice
FRIDAY				Just Dance Group Gaming				Fitness Center Closed at 4pm