

Fall 2009 Group Exercise Schedule *

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 a.m.		Muscle Mix		Step Aerobics	
11:45 - 12:30 p.m	Zumba 11:30-12:15	Step Aerobics	Muscle Mix	Water Aerobics Yoga	Zumba 11:30-12:15
12:45 - 1:30 p.m.	Boot Camp	Yoga	Core 12:30-1:15 p.m.	Kickboxing	
4:45 - 6:15 p.m.	Yoga				

* All classes held in Albee 201 except for Deep Water Aerobics which is held in Albee Pool.
Fall semester classes start the week of September 14, 2009 and end December 18, 2009.