

CARDIO CLUB Spring 2011 SCHEDULE

CLASSES START JANUARY 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<p>No Need to Sign Up Just Show Up!!</p>		<p>No Experience Required</p>			
	<p>Vinyasa Yoga 10:00-11:30 am Pettapiece MPR/RBC</p>				
<p>Hard Core 3:00 - 3:45 pm RBC</p>		<p>Vinyasa Yoga 2:30-4:00 pm Pettapiece/RBC</p>		<p>Treading 3:00-4:00 pm Pool</p>	<p>AquAerobics** 3:00 - 4:00 pm Pool</p>
<p>Strength & Conditioning 4:00-5:00 pm Pettapiece MPR/RBC</p>	<p>Ballet w/ Kate 4:00 - 5:00 pm RBC</p>	<p>Hatha Yoga* 4:00 - 5:00 pm RBC</p>	<p>Ballet w/ Kate 4:00 - 5:00 pm RBC</p>	<p>Ballet w/ Joye 4:00 - 5:00 pm RBC</p>	<p>Boot Camp 4:00 - 5:00 pm Wescott MPR/RBC</p>
		<p>Zumba 5:00-6:00 pm Pettapiece MPR/RBC</p>		<p>FMI:</p>	
<p>Kickboxing 6:00-7:00 pm Pettapiece MPR/RBC</p>	<p>Boot Camp 6:00-7:00 pm Pettapiece MPR/RBC</p>	<p>Kickboxing 6:00 - 7:00 pm RBC</p>	<p>Boot Camp 6:00-7:00 pm Pettapiece MPR/RBC</p>	<p>E-mail Margaret</p>	
<p>Zumba 7:00-8:00 pm Pettapiece MPR/RBC</p>	<p>Jazz 7:00 - 8:00 pm RBC</p>	<p>Treading 7:00-8:00 pm Pool</p>	<p>Kickboxing 7:00-8:00 pm Pettapiece MPR/RBC</p>	<p>mhutton@une.edu</p>	

PLEASE CHECK ROOM SCHEDULE AS LOCATIONS DO CHANGE.

RBC = Racquetball Court

MPR = Multi-Purpose Room

*Hatha Yoga starts on February 2

**Another AquAerobics class will be coming in March