





# CARDIO CLUB

## FALL 2011 SCHEDULE

CLASSES START SEPTEMBER 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
<b>No Need to Sign Up Just Show Up!!</b>		<b>No Experience Required</b>				
						<b>Total Conditioning w/ Travis</b> 12:00 - 1:00 p.m. Gymnasium (half)
						
<b>Boot Camp w/ Nate &amp; Zach</b> 2:00-3:00 p.m. RBC			<b>Boot Camp w/ Nate &amp; Zach</b> 2:30-3:30 p.m. RBC		<b>Boot Camp w/ Nate &amp; Zach</b> 2:00-3:00 p.m. RBC	
<b>Kickboxing w/ Margaret</b> 4:00 - 5:00 p.m. RBC	<b>Strength w/ Greg</b> 3:00-4:00 p.m. RBC	<b>Hatha Yoga</b> 4:00 - 5:00 pm RBC	<b>Ballet w/ Kate</b> 4:00 - 5:00 pm RBC	<b>Water polo w/ Ariana</b> 4:00-5:00 pm Pool		
<b>Zumba w/ Margot</b> 5:00 - 6:00 p.m. Simard/RBC	<b>Ballet w/ Kate</b> 4:00 - 5:00 pm RBC	<b>Zumba w/ Margot</b> 5:00 - 6:00 p.m. Simard/RBC	<b>Jazz w/ Molly</b> 5:00 - 6:00 p.m. Pettapiece/RBC	<b>FMI:</b>  <b>E-mail Margaret</b>  <b>mhutton@une.edu</b>		
<b>Ballet Yoga w/ Joye</b> 6:00 - 7:00 p.m. RBC	<b>Kickboxing w/ Margaret</b> 6:00 - 7:00 p.m. RBC	<b>Ballet Yoga w/ Joye</b> 6:00 - 7:00 p.m. RBC				
<b>Jazz w/ Molly</b> 7:00 - 8:00 p.m. Pettapiece/RBC		<b>Cardio Kickboxing w/ Jackie</b> 7:00 - 8:00 p.m.				

PLEASE CHECK ROOM SCHEDULE AS LOCATIONS DO CHANGE.

RBC = Racquetball Court

MPR = Multi-Purpose Room