

Group Exercise Schedule Spring 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday
6:30 - 7:30 AM		Yoga Melora		Yoga Melora	
10:00 - 11:00 AM	Yoga Melora				
12:00 - 1:00 PM		Boot Camp Peggy			
5:00 - 6:00 PM				Spinning Peggy	Zumba Brandi
6:00 - 7:00 PM		Spinning Peggy		Zumba Brandi	
6:15 - 7:15 PM			Yoga Holly		
7:15 - 8:00 PM					Boot Camp Peggy



Free to students, faculty, and staff
All Yoga classes are held in the Lower Level

Class Request and Feedback forms are available in group exercise room