

WINTER GROUP FITNESS SCHEDULE, JANUARY 4 - APRIL 4, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:45am		OA Badminton		OA Badminton		Step (9:15-10:15am)	
9:30-10:30am	Yogaflex		Boot Camp		Step		
10:30-11:30am						Body Trim	Body Trim (10:15-11:15am)
11:30-12:30pm							Multi Step
12:00-1:00pm	Zumba®	Body Trim	Step	Cardio Mixer	Yogaflex		
12:15-1:00pm	AquaFit (deep)		AquaFit (shallow)		AquaFit (deep)		
1:05-1:55pm*	Strength Training		Step/Strength	Yogaflex	Zumba®		
1:15-2:15pm				Body Trim			
1:30-2:30pm	Older Adult Strength Training		Older Adult Strength Training		Older Adult Yogaflex		
4:30-5:30pm	Step	Aerobox	Yogaflex	Cardio Core	Cardio Blast		
5:30-6:30pm	Body Trim	Yogaflex	Groove Fit	Step			
5:30-6:30pm*		Zumba® (women only)		Strength Class (women only)			
6:30-7:30pm		Step		Body Trim			
7:45-8:45pm	Groove Fit	Zumba®	Body Trim	Zumba®			

AS A COURTESY TO OTHERS PLEASE DO NOT WEAR SCENTED PRODUCTS TO FITNESS CLASSES

* The 1:05-1:55pm classes and 5:30-6:30pm Zumba and Strength classes (women only) will be conducted at the Sexton Campus Gym (Barrington Street)

- **Aquafit class on Friday, March 2 is no longer cancelled!**
- **Cardio Blast** is cancelled on Friday, March 9 due to Relay for Life
- **Aquafit** class is cancelled on Friday, March 16 due to a water polo tournament

CALL 494-2119 FOR INFORMATION ON CLASS INSTRUCTORS AND UNFORESEEN CHANGES OR CANCELLATIONS.

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