



Group Fitness Spring 2010

Wednesday, Jan 6 – Friday, April 23

Group Fitness cancelled on the following:

March 6-14, April 4



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30 AM		Cycle Nelson	Spinnerval (6:30-7:45AM) Carla	Cycle Jacob	Spinnerval (6:30-7:45AM) Carla		
8:30-9:45 AM							Extended Cycle Carla/Christina
11:30-12:30PM Lunch		Beg. Yoga Elena	Beg. Yoga Keeli	The Yoga Power Hour (11:30-12:45) Bobby	Beg. Yoga Ashley	The Yoga Power Hour (11:30-12:45) Bobby	Muscle Confusion (10:00-11:00) John Huddleston (Teaching Gym)
12:00-12:30PM Lunch <u>Pedagogy</u>		Rock Hard Abs John H. <u>Pedagogy</u>	Hard CORE Rodney <u>Pedagogy</u>	Rock Hard Abs John H. <u>Pedagogy</u>	Hard CORE Rodney <u>Pedagogy</u>		
4:00-5:00 PM	Cycle (4:30-5:20) Kirby	Cardio Sculpt Ashley M.	Muscle Confusion (4:00-4:50) Rodney (Pedagogy)	Cardio Sculpt Ashley M.	Muscle Confusion John Huddleston (Pedagogy)	Cycle (4:00-4:50) Kirby	
					GFIT 4:00-5:30PM <u>Green Studio</u>	T-N-T 5:00-5:30PM Molly <u>Green Studio</u>	
5:30-6:20 PM	T-N-T Amber	Cycle Katelyn	Beg. Pilates Mollie M.	Cycle Wayne	Salsation Clarence	Open Flow Yoga Rachel	
6:30-7:20 PM	Int. Yoga Jacob	Open Flow Yoga Rachel	Step Christina G.	Pilates Tara	Step Christina G.		
7:30-8:20 PM		Tighter ASSets (7:30-8:00) Molly	Int. Yoga Ashley J.	International Dance Erin	Int. Yoga Ashley J.		

The Recreation Center reserves the right to alter or change class hours or class schedule at any time.

All classes are held in the blue studio unless otherwise indicated.

Minimum of **2** participants must be **dressed on time** for each class or class will be cancelled.

Must be on-time for class. Late comers will not be allowed in class.

No Group Fitness classes will be held on holidays when the university is closed or when there are no academic classes.

For more information, please contact (850) 474-2815 or fitnesswellness@uwf.edu