



# Group Fitness Fall 2009

Monday, Aug 24 – Friday, Dec 4

*Group Fitness cancelled on the following:*

September 6-7, November 11, 26-29

Revised: 08-26-09



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30 AM		Cycle Christina G.	Cycle Carla	Cycle Christina G.	Cycle Carla	
11:30-12:20PM Lunch		Beg. Yoga Rachel	Pilates Jenna D.	Yogalates Rachel	Pilates Jenna D.	Beg. Yoga Rachel
12:00-12:30PM Lunch <u>Green Studio</u>		Rock Hard Abs Rodney	Rock Hard Abs John	Rock Hard Abs Rodney	Rock Hard Abs John	
4:00-4:50 PM	Cycle (4:30-5:20) Kirby	Beg. Yoga Ashley	Cardio Sculpt Beth	Beg. Yoga Elena	Cardio Sculpt Beth	Cycle Kirby
					GFIT 4:00-5:30PM <u>Green Studio</u>	Butts-N-Guts Molly 5:00-5:30PM
5:30-6:20 PM	Trim-N-Tone Rachel	Cycle Katelyn	Beg. Pilates Mollie M.	Cycle Katelyn	Salsation Clarence	Beg. Yoga Elena <u>Green Studio</u>
6:30-7:20 PM	Int. Yoga Rachel	Int. Yoga Bobby	Box Fitness Meagan	Int. Yoga Bobby	Box Fitness Meagan	
7:30-8:20 PM		Belly Dance Erin	Int. Yoga Spencer	Latin Dance Fusion Erin	Yogalates Spencer	
8:30-9:00 PM		Butts-N-Guts Jenna D.	Trim-N-Tone Spencer	Butts-N-Guts Katelyn		

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](mailto:fitnesswellness@uwf.edu)