

CSI Sports and Recreation Center

Group Fitness Program



Schedule – June 1-29, 2014

~ June 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30 p.m. Step Aerobics (Rose) 1C-GDL 6:30 p.m. Body Sculpt (Rose) 1C-GDL	3 5:30 p.m. Tone & Stretch (Ann) 1C-GDL 5:30 p.m. Yoga (Donna) 1P-118 6:30 p.m. Pilates Style Mat Workout (Kathy) 1C-GDL	4 12:30 p.m. Body Sculpt (Rose) 1C-GDL 5 p.m. Yoga (Isabelle) 1P-118	5 12:30 p.m. ZUMBA (Matt) 1C-GDL 6 p.m. Yoga (Joan) 1C-109	6 12:30 p.m. Instructor's Choice (Rose) 1C-GDL	7
8	9 5:30 p.m. Step Aerobics (Rose) 1C-GDL 6:30 p.m. Body Sculpt (Rose) 1C-GDL	10 5:30 p.m. Tone & Stretch (Ann) 1C-109 6:30 p.m. Pilates Style Mat Workout (Kathy) 1C-109	11 12:30 p.m. Body Sculpt (Rose) 1C-GDL 5 p.m. Zumba (Matt) 1C-GDL 5 p.m. Yoga (Isabelle) 1P-118 6:30 p.m. Interval Workout w/ Cardio (Kathy) 1C-GDL	12 12:30 p.m. ZUMBA (Matt) 1C-GDL 6 p.m. Yoga (Joan) 1P-118	13 12:30 p.m. Instructor's Choice (Rose) 1C-GDL	14
15	16 5:30 p.m. Step Aerobics (Rose) 1C-109* 6:30 p.m. Body Sculpt (Rose) 1C-109*	17 5:30 p.m. Tone & Stretch (Ann) 1C-GDL 5:30 p.m. Yoga (Donna) 1C-109* 6:30 p.m. Pilates Style Mat Workout (Kathy) 1C-GDL	18 12:30 p.m. Body Sculpt (Rose) 1C-GDL 5 p.m. Zumba (Matt) 1C-GDL 5 p.m. Yoga (Isabelle) 1C-109* 6:30 p.m. Interval Workout w/ Cardio (Kathy) 1C-GDL	19 12:30 p.m. ZUMBA (Matt) 1C-GDL 6 p.m. Yoga (Joan) 1C-109*	20 12:30 p.m. Instructor's Choice (Rose) 1C-GDL	21
22	23 5:30 p.m. Step Aerobics (Rose) 1C-109* 6:30 p.m. Body Sculpt (Rose) 1C-109*	24 5:30 p.m. Tone & Stretch (Ann) 1C-GDL 5:30 p.m. Yoga (Donna) 1P-118a 1C-109* 6:30 p.m. Pilates Style Mat Workout (Kathy) 1C-GDL	25 12:30 p.m. Body Sculpt (Rose) 1C-GDL 5 p.m. Zumba (Matt) 1C-GDL 5 p.m. Yoga (Isabelle) 1C-109* 6:30 p.m. Interval Workout w/ Cardio (Kathy) 1C-GDL	26 12:30 p.m. ZUMBA (Matt) 1C-GDL 6 p.m. Yoga (Joan) 1C-109*	27 No classes College closed	28
29	30 Classes Resume in Sports and Recreation Center – check July schedule for classes.	Note locations on calendar 1C-GDL – Campus Center - Green Dolphin Lounge 1P-118 - Center for the Arts – Room 118a 1C-109 – Campus Center – Room 109 *The 1C-109 is tentatively scheduled for painting at the end of June. If so, these classes may have to be cancelled. Please check website for updates.				

Please check website throughout the month for changes to this schedule.

<http://www.csidolphins.com/sports/2006/8/15/Group%20Fitness%20Page.aspx>