

GROUP FITNESS SCHEDULE

NOVEMBER 2015

NOTE: Proper gym attire (sweats or other loose fitting clothing) required including sneakers or footwear with scuff-resistant soles. No shoes, boots or jeans allowed.

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Do it for the pie!</p>					Step Aerobics (Diane) 9-9:45 a.m. No class 11/28	Aqua Aerobics (Pat) 10-11 11/22 only
Early morning	Aqua Aerobics (Pat) 9:30-10:30 a.m.		Aqua Aerobics (Pat) 9:30-10:30 a.m.	Aqua Aerobics (Pat) 9:30-10:30 a.m. No class 11/26		<div style="border: 1px solid black; padding: 5px;"> <p align="center">Check Group Fitness APP for schedule updates and other fitness information.</p> <p align="center">Group Fitness</p> <p align="center">Search CSI Dolphins at the APP store</p> </div>	
Mid-day		Step Aerobics (Rose) 12:30-1:30 p.m.	Body Sculpt (Rose) 12:30-1:30 p.m.	Instructor's Choice (Rose) 12:30-1:30 p.m. No class 11/27			
Evening	Step Aerobics (Rose) 5:30-6:30 p.m. Body Sculpt (Rose) 6:30-7:15 p.m.	ZUMBA! (Christine) 5:30 – 6:30 p.m.	Tone and Stretch (Ann) 5:30 – 6:30 p.m. No class 11/25 Pilates Style Mat Workout (Kathy) 6:30 – 7:30 p.m. No class 11/25	ZUMBA! (Renee) 5:30 – 6:30 p.m. No class 11/26			
Evening Yoga	Yoga* (Isabelle) 5:15 – 6:30 p.m. Room 1P-118a	Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-118a		Yoga* (MaryJeanne) 5:15 – 6:30 p.m. Room 1P-118a No class 11/19 & 11/26			

NO ADVANCED SIGN UP REQUIRED TO TAKE CLASSES.

Be sure to bring valid CSI student ID or Sports and Recreation Center membership card/pass.

Instructors and class schedule subject to change without notice. From time to time group fitness classes will be canceled because of weather conditions or so that the facility can be used for special events. Please check Group Fitness app (Search CSI Dolphins at the APP Store) or check with the issue desk to confirm class schedule (982-3134). See reverse side for class descriptions.