



GROUP FITNESS SCHEDULE

NOVEMBER 2016

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>No class 11/27 Aqua Aerobics (Pat) 9 – 10 a.m.</p> |
| Early morning | Aqua Aerobics (Pat) 9:30 – 10:30 a.m. | | <p>No class 11/23 Aqua Aerobics (Pat) 9:30 – 10:30 a.m.</p> | <p>No class 11/24 HAPPY THANKSGIVING Aqua Aerobics (Pat) 9:30 – 10:30 a.m.</p> | <p>No class 11/25</p> | <p>*YOGA</p>  <p>A Classes NEW LOCATION Room 1P – 018</p> <p>All other classes held in Sports & Recreation Center</p> <p>All classes PG CLUE</p> | |
| 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. | | |
| 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. | Pilates Style Mat Workout (Kathy) 5:30 – 6:30 p.m. | IT'S BACK!! ZUMBA! (Natalie) 5:30 – 6:30 p.m. | | | |
| Evening Yoga | Yoga* (Isabelle) 5:15 – 6:30 p.m. Room 1P-018 | Yoga* (Donna) 5:15 – 6:30 p.m. Room 1P-018 | | Yoga* (MaryJeanne) NEW TIME 6 – 7:15 p.m. Room 1P-018 | | | |

NO ADVANCED SIGN UP REQUIRED TO TAKE CLASSES.

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

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 with the issue desk to confirm class schedule (982-3134). See reverse side for class descriptions.