

Drop-in Group Exercise Fall Semester August 27–December 8

Date	Time	Class	Location	Instructor	
Mon	7:15 AM	Yoga Blend	AFC 1	Katie K.	
	11:30-12:20 PM	Lunch Crunch	AFC 4	Amanda	
	12:00-12:50 PM	Pilates	AFC 2/3	Kelly	
	4:20 PM	H.A.B.I.T.	AFC 4	Dakota	
	4:25 PM	Cycle	AFC C	Melissa	
	5:30-6:15 PM	Yoga Blend	AFC 4	Dakota	
	5:45 PM	Power Step	AFC 2/3	Jenn G/Lindsay	
	5:45-7:00 PM	Cycle & HABIT	AFC C & 4	Monica	
	6:00 PM	Deep Water Run	AFC Pool	Cypress	
	6:45 PM	Nia	AFC 1	Elizabeth	
	7:00 PM	Cycle	AFC C	Kristin	
	7:15 PM	W.A.H.O.O.	AFC 4	Paige	
	8:30-9:00 PM	Core Blast	AFC 4	Paige	
Tues	6:15-7:30 AM	Cycle & ABS	AFC C & 4	Bethany	
	12:00-12:50 PM	Yoga Blend	AFC 1	Jennifer	
	12:30-1:20 PM	Cycle	AFC C	Paige	
	4:45-5:15 PM	Core Blast	AFC 4	Dylan	
	5:30 PM	Yoga Blend	AFC 1	Mary Catherine	
	5:30 PM	Pilates	AFC 4	Jenn N.	
	5:45 PM	Step It Up	AFC 2/3	Jessica/Tabitha	
	5:45 PM	Cycle	AFC C	Haley	
	6:00 PM	Aqua Tone	AFC Pool	Melissa	
	6:45 PM	Pump & Jab	AFC 4	Monica	
	7:00 PM	Cycle	AFC C	Katie H.	
	8:00 PM	Zumba	AFC 4	Anita	
	Wed	7:15 AM	Yoga Blend	AFC 1	Katie K.
11:30-12:20 PM		Lunch Crunch	AFC 2/3	Cindy	
12:00-1:10 PM		Cycle & ABS	AFC C & 4	Heidi	
4:25 PM		Cycle	AFC C	Haley	
5:30 PM		W.A.H.O.O.	AFC 4	Amanda	
5:45 PM		Pump & Jab	AFC 2/3	Cathy	
5:45 PM		Cycle	AFC C	Dylan	
6:00 PM		Deep Water Workout	AFC Pool	Cara	
6:45 PM		Pure Strength	AFC 4	Monica	
7:00 PM		Yoga Flow	AFC 2/3	Libby	
7:00 PM		Cycle	AFC C	Sean/Melissa	
8:00-8:30 PM		Core Blast	AFC 4	Monica	
Thurs		6:15 AM	Cycle	AFC C	Bethany
	12:00-12:50 PM	Yoga Blend	AFC 1	Jennifer	
	4:25 PM	Groove	AFC 1	Haley	
	4:45-5:15 PM	Core Stretch	AFC 4	Kelly	
	5:15 PM	Cycle	AFC C	Lia	
	5:30 PM	KB + H.A.B.I.T.	AFC 4	Melissa	
	5:30 PM	Yoga Flow	AFC 1	Christine D.	
	5:45 PM	Power Step	AFC 2/3	Jenn N.	
	6:00 PM	Aqua Tone	AFC Pool	Monica	
	6:30 PM	Cycle	AFC C	Sean	
	6:45 PM	AFRI-CArдио	AFC 4	Christine D.	
	Fri	10:15-11:15 AM	Yoga Blend	AFC 1	Tucker
		12:00-12:50 PM	Cycle	AFC C	Amanda
4:20 PM		HABIT	AFC 4	Dakota	
5:30-6:15 PM		FREE! Happy Hour	AFC 4	Staff	
Sat	9:30 AM	Adv. Step & Pilates	AFC 2/3	Cathy	
	11:00 AM	Cycle	AFC C	Steve	
	3:45 PM	Pilates	AFC 1	Melina	
	4:25 PM	W.A.H.O.O.	AFC 2/3	Shanna	
Sun	11:00 AM	KB	AFC 2/3	Rotation	
	12:00 PM	Cycle	AFC C	Steve	
	4:00 PM	Deep Water Workout	AFC Pool	Sam	
	5:45 PM	Cycle	AFC C	Elizabeth	
	5:45 PM	H.A.B.I.T.	AFC 4	Shanna	
	6:45 PM	Yoga Flow	AFC 1	Mary Catherine	
	7:00-7:30 PM	Core Blast	AFC 4	Elizabeth	
	8:00 PM	Zumba	AFC 4	Anita	

***last updated 9/23/09**

AFC = Aquatic & Fitness Center

All classes are one hour unless otherwise specified.

By purchasing a Drop-in Pass, you can attend ANY IM-Rec Sports group exercise class on the Drop-in Schedule.

All Drop-in Passes are non-transferable and non-refundable.

All group exercise participants must be full-time students or current recreation members.

All Drop-in Classes are held on a first-come, first-serve basis. Classes close after the warm-up. (10 minutes after the class has begun)

Class schedules and instructors are subject to change.

All drop-in passes expire 4 months from date of purchase.

In case of bad weather, call 924-PLAY ext. 5 for information on class cancellations.



INTRAMURAL-RECREATIONAL SPORTS