



- **Class Descriptions** on reverse. Classes and instructors are subject to change
- All classes are 1 hour unless otherwise specified.

DROP-IN GROUP EXERCISE FALL READINGS DAYS BREAK SCHEDULE: OCT 10–14

DATE	TIME	CLASS	LOCATION	INSTRUCTOR
Fri, Oct 10	12:30–1:20 PM	Cycle	AFC-C	Molly
	4:25 PM	HABIT	AFC-4	Dakota
	5:40 PM	Yoga Blend	AFC-2/3	Mary Catherine
Sat, Oct 11	NO CLASSES: The AFC is CLOSED for the home football game: UVA–East Carolina			
Sun, Oct 12	4:25 PM	Deep Water Run	AFC Pool	Dan
	5:00 PM	WAHOO	AFC-4	Rosey
Mon, Oct 13	11:00 AM	Gentle Yoga	AFC-1	Molly
	12:00–12:50 PM	Cycle & HABIT	AFC-C & 4	Erica
	4:35 PM	WAHOO	AFC-4	Rosey
	5:30 PM	Cycle	AFC-C	Amanda
	5:40 PM	Step It Up	AFC-2/3	Cindy
	6:00 PM	Deep Water Workout	AFC Pool	Missy
Tue, Oct 14	12:00–12:50 PM	Yoga Blend	AFC-1	Molly
	4:25 PM	Gentle Yoga	AFC-1	Mary Catherine
	4:25 PM	Triple Training & Yoga	AFC-4	Dakota
	5:30 PM	NIA	AFC-1	Elizabeth
	5:40 PM	Power Step	AFC-2/3	Jenn
	5:45–7:00 PM	Xtreme Cycle	AFC-C	Sean
	6:00 PM	Aquatone	AFC Pool	Monica
	6:45 PM	Step & HABIT	AFC-2/3	Katrina
	7:00 PM	Yoga Blend	AFC-4	Mary Catherine
Wed, Oct 15	Return to the Fall Semester Drop-in Schedule			

AFC=Aquatic & Fitness Center. All classes are 1 hour unless otherwise specified. View the **Class Descriptions**. Please fill out **Participant Evaluation** forms.