

UVA INTRAMURAL-RECREATIONAL SPORTS

Drop-in Group Exercise FALL SEMESTER Schedule: Sept. 3–Dec. 5, 2008

All classes are 1 hour unless otherwise specified. NO CLASSES on Saturdays of home football games.

Classes & instructors are subject to change; last modified 10/24/08. All schedules are online: <http://www.virginia.edu/ims>

AFC-1, 2/3, 4 & C=Aquatic & Fitness Ctr. Multipurpose Rooms. NGRC-1=North Grounds Rec. Ctr. Multipurpose Room.

DAY	TIME	CLASS	LOCATION	INSTRUCTOR
M O N	11:00 AM	Pilates	AFC-4	Melina
	12:00–12:50 PM	Cycle & HABIT	AFC-C&4	Erica
	4:25 PM	Pilates	AFC-4	Kim
	4:35 PM	Cycle	AFC-C	Monica
	5:30PM	WAHOO	AFC-4	Amanda
	5:40 PM	Step It Up	AFC-2/3	Tabitha & Cindy
	5:45 PM	Cycle	AFC-C	Ian
	6:00 PM	Deep Water Workout	AFC Pool	Missy
	6:35 PM	Triple Training	AFC-4	Katrina
	7:00 PM	Cycle	AFC-C	Sean
T U E	6:30 AM	Cycle	AFC-C	Christina
	12:00–12:50 PM	Yoga Blend	AFC-1	Jen
	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 B.
	5:40 PM	Kukuwa	AFC-4	Kim
	5:40 PM	Power Step	AFC-2/3	Jenn
	5:45–7:00 PM	Xtreme Cycle	AFC-C	Paige
	6:00 PM	Aquatone	AFC-Pool	Monica
	6:45 PM	Step & HABIT	AFC-2/3	Julie B.
	7:00 PM	Yoga Blend	AFC-4	Katie K.
W E D	11:00 AM	Pilates	AFC-4	Melina
	12:00–12:50 PM	Cycle	AFC-C	Heidi
	4:25 PM	Yoga Flow	AFC-1	Shannon
	4:35 PM	Cycle	AFC-C	Paige
	5:30 PM	KB	AFC-4	Cathy
	5:40 PM	Step it Up	AFC-2/3	Jessica
	5:45 PM	Cycle	AFC-C	Molly
	6:00 PM	Deep Water Run	AFC Pool	Claire
	6:45 PM	Yoga Flow	AFC-2/3	Libby
		7:00 PM	Cycle	AFC-C
T H U R	6:30 AM	Cycle	AFC-C	Christina
	12:00–12:50 PM	Yoga Blend	AFC-1	Molly
	4:25 PM	Gentle Yoga	AFC-1	Mary Catherine
	4:25 PM	WAHOO	AFC-4	Rosey
	5:25 PM	Cycle	AFC-C	Erica
	5:30 PM	KB/HABIT	AFC-4	Monica
	5:40 PM	Advanced Step	AFC-2/3	Cathy
	6:00 PM	Aquatone	AFC Pool	Katrina
	6:45 PM	<i>Newly Added!</i> Pilates	AFC-4	Kelly
		7:00–8:15 PM	Xtreme Cycle	AFC-C
F R I	12:00–12:50 PM	Cycle	AFC-C	Amanda
	1:00–1:50 PM	Yoga Blend	AFC-4	Katie K.
	4:25 PM	HABIT	AFC-4	Dakota
	5:30 PM	Happy Hour	AFC-4	Staff Rotation
	6:00–7:15PM	Cycle & ABS	AFC-C	Collin
S A T	9:30 AM	Cycle	AFC-C	Staff Rotation
	10:30 AM	Adv. Step	AFC-4	Staff Rotation
	4:25 PM	KB	AFC-4	Judith
S U N	11:10 AM–12:25 PM	Step & HABIT	AFC-4	Julie B.
	4:25 PM	Deep Water Run	AFC-Pool	Katie H.
	5:00 PM	KB	AFC-2/3	Judith
	5:15 PM	HABIT	AFC-4	Casey E.
	5:30 PM	Dance Party	AFC-1	EJ
	5:40–6:55 PM	Cycle & ABS	AFC-C	Elizabeth S.
	7:00 PM	WAHOO	AFC-4	Sarah S.