



Aerobics Class Schedule

Spring 2012



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
11am-Noon		Skylar (abs)	Maya	Skylar (abs)		
12-1 pm		Skylar (cardio)		Skylar (cardio)		
1-2 pm	Margaret	Alex (RM C40)	Margaret		Margaret	
2-3 pm					Caitlin	
3-4 pm						
4-5pm	Maya	Susan	Caitlin	Alex		
5-6pm	Emily	Emily	Emily	Dixie		Maya
6-7pm	Alex(abs)	Nic		Nic		Emily
7-8pm	Nic	Nic	Nic	Nic		Skylar (abs)
8-9pm	Susan	Caitlin	Susan	Caitlin		
9-10pm						

Free of Charge!

IN Peters Hall C-19

You Must Bring Your Own BIG Towel and RU ID to Attend.

Instructors

Emily	Step/ Circuit Training
Margaret	Dance Aerobics/ Weight Training
Susan	Zumba
Caitlin	Pilates/ Cardio & Strength
Maya	Full Body Hula
Skylar	Abs/ Cardio, Legs, Core
Dixie	50 min shred(abs, strength, cardio)
Alex	Pilates/Abs
Nic	Dance/Strength

Campus Recreation Office

Bonnie Hulbert Student Center Room 115

OFFICE HOURS: Monday-Friday 9:00am-5:00pm

Contact Campus Recreation: [Intramurals/Sports Clubs 831-5369]