



Aerobics Class Schedule Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5-6 pm	<i>Emily</i>	<i>Anisia</i>		<i>Anisia</i>		
6-7 pm	<i>Jamie</i>	<i>Anisia</i>	<i>Jamie</i>	<i>Anisia</i>		<i>Jamie</i>
7-8 pm	<i>Kristina</i>	<i>Kristina</i>	<i>Kristina</i>	<i>Kristina</i>		<i>Sam</i>
8-9 pm	<i>Sam</i>	<i>Sam</i>				
9-10 pm						

FREE OF CHARGE!

IN Peters Hall C-19

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

INSTRUCTORS

Emily	Interval/Cardio Training (adv)
Sam	Yoga: Sun & Tue (beg) Mon (adv)
Kristina	Step: Mon & Wed (beg) Tue & Thu (adv)
Jamie	Hoop Aerobics
Anisia	5pm:dance aerobics 6pm: yoga

If you have any further questions feel free to call the **CAMPUS RECREATION** office at 831-5369.