



**Center for  
Fitness and Performance  
MARCH FITNESS CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-6:45am	<b>Yoga</b> (Shelley) <b>6:10am-6:50am</b>		<b>Yoga</b> (Shelley) <b>6:10am-6:50am</b>				
8:00am-8:45am	<b>Tone &amp; Tighten</b> (Steph)	<b>Cardio Blast</b> (Jen)	<b>Tone &amp; Tighten</b> (Steph)	<b>Butts &amp; Gutts</b> (Danielle)			
9:00am – 9:45am	<b>PiYo</b> (Steph)	<b>Zumba Beginners</b> (Steph) <b>9:00am-10:00am</b>	<b>PiYo</b> (Stephanie)		<b>Zumba</b> (Steph) <b>8:45am-9:45am</b>		
10:00am-10:50am		<b>Circuit Train</b> (Stephanie) <b>10:15am-11:00am</b> <b>Starts 1/19/10</b>	<b>Zumba Gold</b> (Stephanie)		<b>PiYo</b> (Stephanie)	<b>Cardio Step &amp; Tone</b> (Jayme) <b>10:10am – 10:55am</b>	
11:00am - 12:00pm	<b>Senior Circuit</b> (Stephanie)	<b>Stretch &amp; Flex</b> (Stephanie) <b>11:10am-11:45am</b>	<b>Senior Circuit</b> (Stephanie)		<b>Senior Circuit</b> (Stephanie & Jaima)		
12:10pm-12:45pm	<b>Tone &amp; Tighten</b> (Jaima & Steph)	<b>Espresso Spin</b> (Jen)	<b>Tone &amp; Tighten</b> (Jaima & Steph)	<b>Espresso Spin</b> (Jen)	<b>Zumba</b> (Steph & Jaima)		
1:00pm-1:50pm		<b>Senior Circuit</b> (Jen)					
4:00pm-4:30pm	<b>Totally Abs</b> (Mimi)	-----		<b>Totally Abs</b> (Mimi)	-----		
4:30pm-5:15pm	<b>Zumba</b> (Danielle) <b>4:30pm-5:30pm</b>	<b>Bosu Step &amp; Tone</b> (Danielle)	<b>Tone &amp; Tighten</b> (Danielle) <b>4:30pm-5:15pm</b>	<b>Spinning</b> (Jen)			
5:15pm-6:15pm	<b>Body Sculpt</b> (Gage) <b>5:30pm-6:15pm</b>	<b>Zumba</b> (Jaima) <b>5:30pm-6:30pm</b>	<b>Body Sculpt</b> (Tony) <b>5:30pm-6:15pm</b>	<b>Body Sculpt</b> (Tony) <b>5:30pm-6:15pm</b>			<b>CLASS FEES:</b>  <i>Classes are FREE to CF&amp;P members \$10.00 guest fee per day for Non-Members</i>
6:30pm-7:15pm	<b>Spinning</b> (Jen)	<b>Body Sculpt</b> (Gage)	<b>Spinning</b> (Jen)				<i>SENIOR RATES FOR CLASSES are a \$5.00 guest per day CLASS START TIMES MAY VARY,</i>
7:30pm-8:30pm	<b>Run &amp; Core</b> (Ivory)		<b>Run &amp; Core</b> (Ivory)	-----			<i>BE SURE TO READ SCHEDULE!</i>
8:00pm–8:45pm		<b>Spinning-Endurance</b> (Ivory)		<b>Spinning-Strength/Interval</b> (Ivory)			

**Center for Fitness & Performance**  
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