



**Center for
Fitness and Performance**



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OCTOBER FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-6:45am	Yoga (Shelley) 6:10am-6:50am		Yoga (Shelley) 6:10am-6:50am				
8:00am-8:45am	Tone & Tighten (Steph)	Cardio Blast (Jen)	Tone & Tighten (Steph)	Butts & Gutts (Danielle)			
9:00am – 9:45am	PiYo (Steph)	Zumba Beginners (Steph) 9:00am-10:00am	PiYo (Stephanie)		Zumba (Steph) 8:45am-9:45am		
10:00am-10:50am	Senior Tai Chi (Stephanie)	Senior Bosu Circuit (Steph) 10:10-11:00	Zumba Gold (Stephanie)		PiYo (Stephanie)	Cardio Step & Tone (Jayme) 10:10am – 10:55am	
11:00am - 12:00pm	Senior Circuit (Stephanie)		Senior Circuit (Stephanie)	Zumba (Danielle) 11:10am-11:50am	Senior Circuit (Stephanie & Jaima)		
12:10pm-12:45pm	Tone & Tighten (Jaima & Steph)	Espresso Spin (Jen) <i>Starts 10/8/09</i>	Tone & Tighten (Jaima & Steph)	Espresso Spin (Jen) <i>Starts 10/8/09</i>	Zumba (Steph) 12:10pm-1:00pm		
1:00pm-1:50pm		Senior Circuit (Jen)					
4:00pm-4:30pm	Totally Abs (Mimi)	-----		Totally Abs (Mimi)	-----		
4:30pm-5:15pm	Zumba (Danielle) 4:30pm-5:30pm	Bosu Step & Tone (Danielle)	Zumba Toning (Danielle) 4:30pm-5:15pm	Spinning (Jen)			
5:15pm-6:15pm	Body Sculpt (Gage) 5:30pm-6:15pm	Zumba (Jaima) 5:30pm-6:30pm	Body Sculpt (Tony) 5:30pm-6:15pm	Body Sculpt (Tony) 5:30pm-6:15pm			CLASS FEES: <i>Classes are FREE to CF&P members \$10.00 guest fee per day for Non-Members</i>
6:30pm-7:15pm	Spinning (Jen)	Body Sculpt (Gage)	Spinning (Jen)				<i>SENIOR RATES FOR CLASSES are a \$5.00 guest per day CLASS START TIMES MAY VARY,</i>
7:30pm-8:30pm	Walk, Jog, Run & Core (Ivory)		Core & Flexibility (Ivory)	-----			BE SURE TO READ SCHEDULE!
8:00pm–8:45pm		Spinning-Endurance (Ivory)		Spinning-Strength/Interval (Ivory)			

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812-238-7311 or email: rminton@uhhg.org