

SPRING 2010 GROUP FITNESS schedule

M
monday

T
tuesday

W
wednesday

T
thursday

Spin-60
6:30am
60 min
Studio C
Stephanie

Express Spin
12:00pm
30 min
Studio C
Scott

Vinyasa Yoga
11:30am
45 min
Studio B
Diana

Intro To Yoga
5:00pm
45 min
Studio B
Elaine

Vinyasa Yoga
11:30am
45 min
Studio B
Diana

Intro To Yoga
5:00pm
45 min
Studio B
Elaine

Butts & Guts
4:30pm
45 mins
Studio A
Heather

Cardio Kick
6:00pm
60 min
Studio A
Kelli

Step/BOSU
5:00pm
60 min
Studio A
Laurie

Express Spin
6:00pm
30 min
Studio C
Elaine

Hard Core
6:45pm
30 min
Studio A
Lana

Zumba
7:00pm
60 min
Studio B
Michelle

Spin-60
7:00pm
60 min
Studio C
Scott

Zumba
8:00pm
60 min
Studio B
Michelle

Cardio Kick
7:30pm
60 min
Studio D
Chris

F
friday

S
sunday

Spin-60
6:30am
60 min
Studio C
Stephanie

Spin-60
4:00pm
60 min
Studio C
Clyde

Classes may be cancelled due to lack of participation. Visit our website for a list of Spring Instructional Programs.

January 11th – May 2nd

(304) 696-4REC

www.marshallcampusrec.com