

Spring 2015 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:00 - 8:00 AM: Sunrise Cycle: L138, Joan</p> <hr/> <p>10:00-11:00: Basic Weight Training: FRC 106, Chris</p> <hr/> <p>5:00 – 6:00 PM: Beach Body Workout: L131/132, Jackson</p> <hr/> <p>5:30-6:30 PM: Sunset Cycle: L138, Hanna</p> <hr/> <p>6:00 – 7:00 PM: Cardio Kickboxing: L131/132, Gianna</p> <hr/> <p>6:00 – 7:00 PM: Zumba: L137, Lauren</p> <hr/> <p>6:30-7:30 PM: Sunset Cycle: L138, Tara</p> <hr/> <p>7:00 – 7:30 PM: 6-Pack Abs: L137, Gianna</p>	<p>7:00 - 8:00 AM: Sunrise Cycle: L138, Tara</p> <hr/> <p>9:00-10:00: Powerlifting Fundamentals: TTC Weight Room, Rich</p> <hr/> <p>10:00-11:00: Basic Weight Training: FRC 106, Chris</p> <hr/> <p>12:00-1:00: Stability Ball Training: FRC 106, Cara</p> <hr/> <p>5:00 – 6:00 PM: Total Body Workout: L131/132, Maelynne</p> <hr/> <p>5:30 – 6:30 PM: Sunset Cycle: L138, Jamie</p> <hr/> <p>6:00 – 7:00 PM: Cardio Kickboxing: L131/132, Maelynne</p> <hr/> <p>6:30 – 7:30 PM: Cross Train: TTC Weight Room, Kerry</p> <hr/> <p>6:30 – 7:30 PM: Sunset Cycle: L138, Hanna</p> <hr/> <p>6:30 – 7:30 PM: Hip Hop Cardio: L137, Suzanne</p> <hr/> <p>7:00 – 7:30 PM: 6-Pack Abs: L131/132, Susan</p> <hr/> <p>7:30 – 8:30 PM: Cross Train: TTC Weight Room, Kerry</p>	<p>7:00 - 8:00 AM: Sunrise Cycle: L138, Joan</p> <hr/> <p>10:00-11:00: Basic Weight Training: FRC 106, Chris</p> <hr/> <p>5:00 – 6:00 PM: Beach Body Workout: L131/132, Jackson</p> <hr/> <p>5:30-6:30 PM: Sunset Cycle: L138, Hanna</p> <hr/> <p>6:00 – 7:00 PM: Cardio Kickboxing: L131/132, Gianna</p> <hr/> <p>6:00 – 7:00 PM: Zumba: L137, Lauren</p> <hr/> <p>6:30-7:30 PM: Sunset Cycle: L138, Tara</p> <hr/> <p>7:00 – 7:30 PM: 6-Pack Abs: L137, Gianna</p>	<p>7:00 - 8:00 AM: Sunrise Cycle: L138, Tara</p> <hr/> <p>9:00-10:00: Powerlifting Fundamentals: TTC Weight Room, Rich</p> <hr/> <p>10:00-11:00: Basic Weight Training: FRC 106, Chris</p> <hr/> <p>12:00-1:00: Stability Ball Training: FRC 106, Cara</p> <hr/> <p>5:00 – 6:00 PM: Total Body Workout: L131/132, Maelynne</p> <hr/> <p>5:30 – 6:30 PM: Sunset Cycle: L138, Jamie</p> <hr/> <p>6:00 – 7:00 PM: Cardio Kickboxing: L131/132, Maelynne</p> <hr/> <p>6:30 – 7:30 PM: Cross Train: TTC Weight Room, Kerry</p> <hr/> <p>6:30 – 7:30 PM: Sunset Cycle: L138, Hanna</p> <hr/> <p>6:30 – 7:30 PM: Hip Hop Cardio: L137, Suzanne</p> <hr/> <p>7:00 – 7:30 PM: 6-Pack Abs: L131/132, Susan</p> <hr/> <p>7:30 – 8:30 PM: Cross Train: TTC Weight Room, Kerry</p>		<p>10:00 – 11:00 AM: Boot Camp: L131/132, Maelynne</p>	<p>10:00 – 11:00 AM: Sunday Spin: L138, Alexa</p> <hr/> <p>5:30 – 6:30 PM: Zumba: L131/132, Demi</p>

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