

UMF FRC FALL 2009 GROUP FITNESS SCHEDULE SEPTEMBER 1, 2009-DECEMBER 20, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cycle Lyzz		Cycle Lyzz				
7:00am		Yoga Hannah					
7:45am	HT H2O Hattie	HT H2O Kaisha	HT H2O Hattie	HT H2O Kaisha	HT H2O Sean		
8:00am	Ht Step Doreen	Pilates Doreen	Step Doreen	Pilates Doreen	Yoga Hannah		
9:00am		Strength/Core Doreen		Strength/Core Doreen		Step/Kick Karen	
9:15am	PHE Cardio	HEA 102 October Session 9:45-11:30am	PHE Cardio	HEA 102 October Session 9:45-11:30am	PHE Cardio		
	PHE H2O		PHE H2O		PHE H2O		
10:00am							Guts 'n' Butts Karen
11:00am		H2O Workout Kaisha		H2O Workout Kaisha	UMF Wellness (Not open to the public)		
12:00pm	PHE Cardio	Guts 'n' Butts 'n' More Karen	PHE Cardio	Guts 'n' Butts 'n' More Karen	PHE Cardio		
	PHE H2O		PHE H2O		PHE H2O		
1:15pm	PHE Cardio	STEP Karen	PHE Cardio	STEP Karen	PHE Cardio		
	PHE H2O		PHE H2O		PHE H2O		
2:30pm	PHE Cardio		PHE Cardio		PHE Cardio		
	PHE H2O		PHE H2O		PHE H2O		
3:00pm						Step Glison	
4:15pm	Pilates Doreen	ZUMBA!	Pilates Doreen	ZUMBA!			Pilates Glison
5:00pm				Yoga @ The Landing Hannah	Cycle Jennifer		
5:15pm	Guts 'n' Butts Amanda	ZUMBA! Tricia & Amanda	Guts 'n' Butts Amanda	ZUMBA! Tricia & Amanda			
6:15pm	CYCLE Krysta		CYCLE Krysta				
7:00pm	Pilates Glison	Ballroom Ellen		Pre/Post Natal Water Workout Hannah			
				Ballroom Ellen			

*Schedule is subject to change
 * All Classes labeled PHE are open to community members
 * For more info please call 778-7495
 * Created 08/26/2009
 * Revised 10/01/2009