

# UMF FRC SPRING 2008 Group Fitness Schedule

## January 22, 2008-May 16, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cycle Jess B.		Cycle Jess B.				
7:00am		Yoga Kaileigh		Yoga Kaileigh			
7:45am	HT H2O Kaisha	HT H2O Kaisha	HT H2O Kaisha	HT H2O Katie/Tricia	HT H2O Jess B.		
8:00am	Ht Step Doreen	HT Step Doreen	HT Low Impact Aerobics Glison	Pilates Glison	HT Step Glison		
9:00am		Step Doreen		Step Doreen		Step Doreen	
10:00am						Guts 'n' Butts Karen	
10:30am	Abs Only Tricia		Abs Only Tricia		Abs Only Tricia		
11:00am	H2O Workout Katie	Pilates Glison	H2O Workout Amanda G.		H2O Workout Tricia		
12:00pm		Guts 'n' Butts Jess B.		Guts 'n' Butts Jess B.			
		H2O Workout Amanda		H2O Workout Amanda			
4:00pm		Circuit Workout Jess B.		Circuit Workout Jess B.			
5:15pm	Guts 'n' Butts Amanda G.	Pilates Hannah	Guts 'n' Butts Amanda G.	Step Karen	Guts 'n' Butts Karen		
6:00pm							Guts 'n' Butts Alison
6:15pm		Cycle Alison	Cycle Jennifer	Cycle Alison			
6:30pm			Pre and Post Natal Water Workout Jess D.	Yoga at the Landing Kaileigh			
7:00pm	Bootcamp Jared	Ballroom Anne	Bootcamp Jared	Ballroom Anne			

\* Please note that schedule is subject to change

\*For more information please call 207-778-7495