

Summer II 2018 Fitness Class Room Locations

<u>Date</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<u>Aerobics</u>				
Tuesday	4:50pm	Zumba	Women's Building Dance Studio	Laura
<u>Mind/Body</u>				
M & W	12:05pm	Flow Yoga	Women's Building Dance Studio	Linda
M & W	4:50pm	Flow Yoga	Women's Building Dance Studio	Laura
T & TH	4:50pm	Yoga'lates	Flanagan Exercise Studio	Linda
<u>Aqua Fitness</u>				
M / T / W	11:10am	Shallow Water	Sibley Pool	Ali
<u>Cycle</u>				
M & W	5:00pm	Cycle 50	Flanagan Racquetball CRT 9	Donna
<u>X-Training & Sculpt</u>				
M & W	12:10pm	Boot Camp	Flanagan Exercise Studio	Karen Toole
M & W	4:50pm	Total Body	Flanagan Exercise Studio	Kayla
Tuesday	5:00pm	Core N' More	Ernie Davis Dance Studio	Donna
<u>Golf Lessons</u>				
All Golf Lessons are held at Drumlins Golf Course @ the driving range.				Sean
<u>Swim Lessons</u>				
All Swim lessons			Sibley Pool	Ali
<u>Tennis Lessons</u>				
All Tennis Lessons are held on the Women's Building Tennis Courts.				Allison