

## Summer II 2017 Fitness Class Room Locations

### Aerobics

M & W	5:00pm	Zumba	Flanagan Exercise Studio	Sandy
T & TH	12:10pm	Zumba Toning	Flanagan Exercise Studio	Sandy

### Mind/Body

M & W	12:10pm	Yoga'lates	Ernie Davis Dance Studio	Linda
Thursday	5:30pm	Yoga	Flanagan Exercise Studio	Linda
M & W	7:05am	Yoga	Flanagan Exercise Studio	Linda

### Aqua Fitness

Monday	7:05am	Aqua Cycle	Webster Pool (Archbold)	Ali
M & W	11:05am	Shallow Water	Webster Pool (Archbold)	Ali
Tuesday	11:05am	Deep Water	Webster Pool (Archbold)	Ali

### Cycle

M & W	12:10pm	Cycle 50	Archbold 1 <sup>st</sup> floor/Cycle Rm	Michelle
M & W	5:00pm	Cycle 50	Archbold 1 <sup>st</sup> floor/Cycle Rm	Sarah
M & W	7:05am	Cycle 50	Archbold 1 <sup>st</sup> floor/Cycle Rm	Sarah

### X-Training & Sculpt

M & W	12:10pm	Total Body	Flanagan Exercise Studio	Liam
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### Golf Lessons

All Golf Lessons are held at Drumlins Golf Course @ the driving range. Craig