

Fall '18 Fitness Class Room Locations & Instructors

Aerobics:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
Sunday	Zumba	4:30pm	Flanagan	Yudy
Tuesday	Zumba	5:10pm	Flanagan Racquetball 5	Sandy
Wednesday	Zumba	6:10pm	Flanagan	Yudy
Thursday	Zumba	5:10pm	Flanagan	Geeta
Friday	Zumba	1:10pm	Flanagan	Sandy

X-Training & Sculpt:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
M / W	Boot Camp	11:00am	Flanagan	Karen
M / W	Tabata	5:10pm	Ernie Davis	Leah
T / TH	Total Body	12:10pm	Flanagan	Karen
Tuesday	Core N'More	5:10pm	Flanagan	Donna
Wednesday	Awesome Abs	4:00pm	Flanagan	Aidan
Wednesday	Turbo Kick®	5:10pm	Flanagan	Courtney

Mind/Body:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
Sunday	Vinyasa	3:00pm	Flanagan	Mollie
Sunday	Yoga Flow	5:30pm	Flanagan	Linda
M / W	Vinyasa	12:05pm	Flanagan	Mollie
Monday	Mat Pilates	6:10pm	Flanagan	Donna
T / TH	Yoga'lates	5:10pm	Ernie Davis	Linda
T / TH	Yoga	4:05pm	Flanagan	Maggie
T / TH	Yoga	6:05pm	Flanagan	Julia
Friday	Vinyasa	11:05am	Flanagan	Mollie
Friday (6 wks)	Barre Body	12:10pm	Flanagan	Kristen

Cycle classes:

DAY	CLASS	TIME	BUILDING	INSTRUCTOR
Sunday	Cycle 50	4:00pm	Flanagan Racquetball 9	Lauryn
M / W	Cycle 50	8:30am	Flanagan Racquetball 9	Michelle
M / W	Cycle 50	8:30pm	Flanagan Racquetball 9	Lauryn
Monday (6 wks)	Cycle 50	5:15pm	Flanagan Racquetball 9	Donna
Tuesday	Cycle 50	6:10pm	Flanagan Racquetball 9	Donna
Thursday	Cycle 50	5:30pm	Flanagan Racquetball 9	Janice

Swim Lessons/Aqua Fitness (taught by Ali, Olivia & Lauren): Sibley Pool (Women's Building)

Golf (taught by Sean): Drumlins Driving Range

Fencing (taught by Lubo): Wednesday @ 1:00pm – Flanagan Racquetball CRT 8

Move it Monday's: Monday's @5:15pm – Flanagan Dance Studio