

Hansel E. Tookes Student Recreation Center Spring 2017 Group Ex. Schedule

(Updated 1/30/17)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00p			Yoga ★★ (Vinyasa Flow) <i>Ashley</i>		
6:00-7:00p		Zumba® <i>Martha</i>	SPINNING® <i>Tanise</i>	Zumba® <i>Martha</i>	
6:30-7:30p	SPINNING® <i>Cynthia</i>	Yoga ★ (Vinyasa Flow) <i>Ashley</i>			
7:00p-8:00p		Lower Body Blast & Abs <i>Renee</i>	SPINNING® <i>Cynthia</i>		

★ - Class Capped at 10 Participants. 1st Signed-Up, 1st Served

★★ - Class Capped at 20 Participants. 1st Signed-Up, 1st Served

-Sign-Up at the Front Counter

-Bring a towel and a water bottle