

Fitness at a Glance – Winter 2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:10 – 7:50		Spin Eric	Tabata Andrea	Spin Leigh Aqua Bootcamp Nathan	Call of Booty Andrea	Spin Jane	
9:10 – 9:50			Spin Liam		Spin Chico		
10:10 – 10:50		Stretch out the Stress Miranda	Call of Booty Leigh	Tabata Annie	Full Body Fit Liam	HardCore Leigh	
12:10 – 12:50	Full Body Fit Liam	Spin Chico	Spin Hannah	Spin Kim	Spin Leigh	Spin Lakeshia	Spin Liam
		Cardio Pool Party Kate J	Core/Resistance Kate S		Tethered Aqua Jog Kate J	Cardio Pool Party Tayler	
		Call of Booty Annie	Full Body Fit Sherry-Lynn	Full Body Fit (Ball) Maureen	Hard Core Liam	Cardio Blast Kim	
4:10 – 4:50		Tabata Hannah	Cardio Blast Annie	Full Body Fit Leigh	Stretch out the Stress Miranda		
5:10 – 5:50		Spin Brittany	Spin Jane	Spin Eric	Spin Julie		
7:10-7:50			AquaFit Tayler		Aqua Bootcamp Sarah		

Schedule is subject to change with notice

Spin – Located in The Zone	Aquatic Fitness – Located in the Pool	ExpressFit – Located in Fitness Studio
Sign-up at The Zone Desk	Sign-up at the Walker Complex Welcome Desk	