

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Christmas Break →	2 EC opens @ 8pm	3 Zumba (Back Alley) 11am <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	4 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	5 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	6 Water Aerobics (Pool) 12:15pm	7
8 Water Aerobics (Pool), 8pm Hardcore Abs (MP), 9pm	9 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	10 Zumba (Back Alley), 11am <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm Announce Fitness Fest next	11 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	12 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	13 Water Aerobics (Pool) 12:15pm	14
15 Water Aerobics (Pool), 8pm Hardcore Abs (MP), 9pm	16 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	17 Zumba (Back Alley), 11am <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Fitness Fest 7pm-9pm	18 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	19 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	20 Water Aerobics (Pool) 12:15pm	21
22 Water Aerobics (Pool), 8pm Hardcore Abs (MP), 9pm	23 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	24 Zumba (Back Alley), 11am <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	25 Zumba (Back Alley), 11am <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	26 Classes end Zumba (Back Alley), 4pm EC closes for break @ 5pm	27 Interim Break →	28
29 Interim Break →	30	31 → EC opens @ 8pm				

February 2012

	Mon	Tue	Wed	Thu	Fri	Sat
<i>*Class schedule is now same as during fall semester</i>			1 Spring semester begins <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	2 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	3 HardCORE Abs (MP), 7-7:30am	4
5 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	6 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	7 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	8 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	9 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	10 HardCORE Abs (MP), 7-7:30am	11
12 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	13 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	14 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	15 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	16 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	17 HardCORE Abs (MP), 7-7:30am	18
19 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	20 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	21 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	22 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	23 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	24 HardCORE Abs (MP), 7-7:30am	25
26 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	27 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	28 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	29 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm			

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	2 HardCORE Abs (MP), 7-7:30am	3
4 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	5 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	6 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> <i>Plyometrics (Gym), 7:30pm</i> Water Aerobics (Pool), 8pm	7 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	8 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	9 HardCORE Abs (MP), 7-7:30am	10
11 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	12 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	13 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	14 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	15 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	16 HardCORE Abs (MP), 7-7:30am <i>EC closes @ 5pm for break</i>	17 Spring Break
18 Spring Break	19	20 <i>Hours to be announced</i>	21	22	23	24
25 Spring Break <i>EC opens @ 8pm</i>	26 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	27 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	28 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	29 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	30 HardCORE Abs (MP), 7-7:30am	31

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	2 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	3 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	4 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	5 Zumba (Back Alley), 4pm <i>EC closes for break @ 5pm</i>	6 Easter Break →	7
8 Easter Break →	9 → EC opens @ 8pm	10 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	11 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	12 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	13 HardCORE Abs (MP), 7-7:30am	14
15 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	16 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	17 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	18 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	19 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	20 HardCORE Abs (MP), 7-7:30am	21
22 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	23 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	24 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	25 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	26 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	27 HardCORE Abs (MP), 7-7:30am	28
29 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	30 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm					

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	<i>2</i> <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	<i>3</i> Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	<i>4</i> HardCORE Abs (MP), 7-7:30am	<i>5</i>
<i>6</i> Water Aerobics (Pool), 8pm Zumba (MP), 9pm	<i>7</i> <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	<i>8</i> Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	<i>9</i> <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Kickboxing (Back Alley), 4pm <i>Fac/Staff Land Aerobics (Back Alley), 5:15pm</i> Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	<i>10</i> Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm	<i>11</i> HardCORE Abs (MP), 7-7:30am Last day of classes Last day of Group Fitness classes	<i>12</i>
<i>13</i>	<i>14</i> Finals	<i>15</i>	<i>16</i>	<i>17</i> EC closed 3pm on	<i>18</i> EC closes for summer	<i>19</i>
<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>		