

September 2011 Group Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Italicized bolded text = Faculty/Staff class</i></p> <p>Health, Injuries, and Liability: Participation in Recreational Services activities is completely voluntary. Each individual assumes the risk of any harm or injuries. The Recreational Services staff is not responsible for injuries incurred. All injuries/accidents should be reported to the supervisor in charge of competition and a complete report must be filled out by the Recreational Services Department.</p>						
4	5 <i>Labor Day</i>	6 <i>Classes Begin</i>	7	8	9	10
11 Water Aerobics (Pool), 8pm Zumba (MP), 9pm EC hours begin Group Fitness classes begin	12 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	13 Zumba (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	17
18 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	19 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	20 Zumba (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	21 <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	22 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	23 HardCORE Abs (MP), 7-7:30am	24
25 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	26 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	27 Zumba (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	

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	3 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm Announce no yoga next week	4 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	5 <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	6 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	7 HardCORE Abs (MP), 7-7:30am	8
9 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	10 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), CANCELLED	11 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	12 <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	13 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	14 HardCORE Abs (MP), 7-7:30am	15
16 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	17 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	18 Cardio Blast (Back Alley), 4pm <i>Fac/Staff Water Aerobics (Pool), 5:15pm</i> Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	19 <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	20 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	21 HardCORE Abs (MP), 7-7:30am EC closes @5pm for break →	22
23 Fall break →	24	25 → EC opens @ 8pm	26 <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	27 Zumba (Back Alley), 4pm <i>Fac/Staff Circuit Weights (WR), 5:15pm</i> Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	28 HardCORE Abs (MP), 7-7:30am	29
30 Water Aerobics (Pool), 8pm Zumba (MP), 9pm	31 <i>Fac/Staff Circuit Weights (WR), 12:15pm</i> Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm					

November 2011

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

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Did you know?</i> Children must be at least 16 years old in order to participate in group fitness classes without a parent.</p>				<p>1 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>2 HardCORE Abs (MP), 7-7:30am</p>	<p>3</p>
<p>4 Water Aerobics (Pool), 8pm Zumba (MP), 9pm</p>	<p>5 Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm</p>	<p>6 Cardio Blast (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>7 Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm</p>	<p>8 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>9 *HardCORE Abs (MP), 7-7:30am *GetFit Double-Point Event</p>	<p>10</p>
<p>11 Water Aerobics (Pool), 8pm Zumba (MP), 9pm</p>	<p>12 Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm</p>	<p>13 Cardio Blast (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>14 Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm</p>	<p>15 <i>Last day of Group Fitness classes</i> Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>16 Finals →</p>	<p>17</p>
<p>18</p>	<p>19 Finals →</p>	<p>20 → EC closes @ 5pm for break</p>	<p>21 Christmas Break →</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25 <i>Christmas Day</i> Christmas Break →</p>	<p>26</p>	<p>27 <i>Hours to be announced</i></p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31 <i>New Years Eve</i></p>

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 Zumba (Back Alley), 7-7:30am	4
5 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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 Zumba (Back Alley), 7-7:30am	11
12 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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 (no class next week)	Zumba (Back Alley), 7-7:30am	18
19 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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	24 Zumba (Back Alley), 7-7:30am	25
26 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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
				<p>1 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>2 Zumba (Back Alley), 7-7:30am</p>	<p>3</p>
<p>4 Water Aerobics (Pool), 8pm HardCORE Abs (MP), 9pm</p>	<p>5 Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm</p>	<p>6 Zumba (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>7 Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm</p>	<p>8 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>9 Zumba (Back Alley), 7-7:30am</p>	<p>10</p>
<p>11 Water Aerobics (Pool), 8pm HardCORE Abs (MP), 9pm</p>	<p>12 Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm</p>	<p>13 Zumba (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>14 Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm</p>	<p>15 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>16 Zumba (Back Alley), 7-7:30am <i>EC closes @ 5pm for break</i></p>	<p>17 Spring Break</p>
<p>18 Spring Break</p>	<p>19</p>	<p>20 <i>Hours to be announced</i></p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25 Spring Break <i>EC opens @ 8pm</i></p>	<p>26 Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm</p>	<p>27 Zumba (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>28 Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm</p>	<p>29 Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm</p>	<p>30 Zumba (Back Alley), 7-7:30am</p>	<p>31</p>

April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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 Zumba (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 Zumba (Back Alley), 7-7:30am	14
15 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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 Zumba (Back Alley), 7-7:30am	21
22 Water Aerobics (Pool), 8pm HardCORE Abs (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 Zumba (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 Zumba (Back Alley), 7-7:30am	28
29 Water Aerobics (Pool), 8pm HardCORE Abs (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> Zumba (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	<i>2</i> Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	<i>3</i> Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm Water Aerobics (Pool), 8pm	<i>4</i> Zumba (Back Alley), 7-7:30am	<i>5</i>
<i>6</i> Water Aerobics (Pool), 8pm HardCORE Abs (MP), 9pm	<i>7</i> Fac/Staff Circuit Weights (WR), 12:15pm Body Pump (Back Alley), 4pm Circuit Weights (WR), 6pm Yoga (MP), 7:30pm	<i>8</i> Zumba (Back Alley), 4pm Fac/Staff Water Aerobics (Pool), 5:15pm Plyometrics (Gym), 7:30pm Water Aerobics (Pool), 8pm	<i>9</i> Fac/Staff Circuit Weights (WR), 12:15pm Kickboxing (Back Alley), 4pm Fac/Staff Land Aerobics (Back Alley), 5:15pm Circuit Weights (WR), 6pm Step Aerobics (MP), 7:30pm	<i>10</i> Zumba (Back Alley), 4pm Fac/Staff Circuit Weights (WR), 5:15pm Bootcamp Fitness (MP), 7:30pm	<i>11</i> Zumba (Back Alley), 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>		