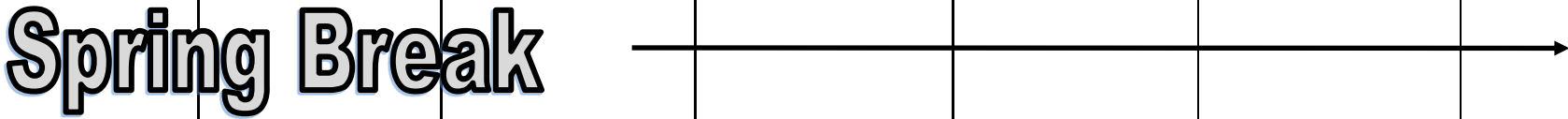


Group Fitness Classes

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	2 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	3 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	4 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	5 Hardcore Abs (MP) 7am	6
7 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	8 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	9 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	10 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	11 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	12 Hardcore Abs (MP) 7am	13
14 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	15 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	16 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	17 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	18 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	19 Hardcore Abs (MP) 7am	20
21 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	22 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	23 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm Double Get Fit Points: Zumba (MP) at 6:00pm	24 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	25 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	26 Hardcore Abs (MP) 7am Building Closes at 5pm	27
28	29	30	31			
						

Group Fitness Classes

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<div style="font-size: 48px; font-weight: bold; text-decoration: underline;">Spring Break</div>						
4	5 <i>Building Opens at 8pm</i>	6 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	7 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	8 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	9 Hardcore Abs (MP) 7am	10
11 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	12 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	13 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	14 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	15 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	16 Hardcore Abs (MP) 7am	17
18 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm <i>Double Get Fit Points: Hydrofit (Pool) at 7pm</i>	19 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	20 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	21 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	22 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	23 Hardcore Abs (MP) 7am	24
25 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	26 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	27 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	28 <i>Fac/Staff Circuit Weights (WR)</i> Noon Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	29 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	30 Hardcore Abs (MP) 7am	

Group Fitness Classes May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	3 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	4 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	5 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	6 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	7 Hardcore Abs (MP) 7am <i>Double Get Fit Points: Hardcore Abs (MP) at 7am</i>	8
9 Zumba Toning (MP) 6pm Hydrofit (Pool) 7pm Yoga (MP) 7:30pm	10 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Yoga (MP) 7:30pm Studio Dance (MP) 8:30pm	11 Zumba (Gym, Ct. 1) 6:00pm Cardio Kickboxing (MP) 7:30pm	12 <i>Fac/Staff Circuit Weights (WR) Noon</i> Circuit Weights (WR) 6:30pm Cardio Kickboxing (MP) 7:30pm	13 Yoga Sculpt (MP) 7:30pm Hydrofit (Pool) 8:30pm	14 Hardcore Abs (MP) 7am <i>Last day of classes</i>	15
16	17	18	19	20	21	22 <i>Baccalaureate & Commencement</i>
23	24	25	26	27	28	29
<div style="display: flex; align-items: center; justify-content: center;"> <div style="font-size: 2em; font-weight: bold; margin-right: 20px;">Summer Break</div> <div style="flex-grow: 1; border-bottom: 2px solid black; position: relative;"> <div style="position: absolute; right: -10px; top: -5px; border-left: 10px solid transparent; border-right: 10px solid transparent; border-bottom: 10px solid black;"></div> </div> </div>						
30	31					