

RECREATIONAL SERVICES Group Fitness Class Schedule Spring 2010

<u>Day</u>	<u>Time</u>	<u>Class Type</u>	<u>Length</u>	<u>Instructor</u>	<u>location</u>
Monday	11 AM	Cardio Kick boxing	50 Minutes	Gawlas	Studio
	12PM	Zumba	50 Minutes	Langley	Gym B
	1PM	Toning Lower Body	50 Minutes	Gould	Studio
	2PM	Abs	30 Minutes	Gould	Studio
	2PM	Spin	45 Minutes	Snyder	Track
	3PM	1-2-3 Core	45 Minutes	Snyder	Studio
	4:15 PM	Water Aerobics	45 Minutes	Dadey	Pool
	6 PM	Cardio	50 Minutes	Dadey	Studio
	8 PM	Spin	45 Minutes	RizzuttoTrack	
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Tuesday	7:15AM	1-2-3 Core	45 Minutes	Snyder	Studio
	9:30AM	Upper body	50 Minutes	Gould	Studio
	10:30AM	Abs	30 Minutes	Gould	Studio
	11 AM	Fit Ball	50 Minutes	Gawlas	Studio
	4:15PM	Yoga	60 Minutes	Sabo	Studio
	4:15 PM	Water Aerobics	45 Minutes	Dadey	Pool
	4:15PM	Boot Camp	45 Minutes	Rusko	Gym B
	5:00 PM	Spin	45 minutes	Foster	Track
	6 :15PM	Interval	50 Minutes	RizzuttoTrack	
	7:15 PM	Abs	30 Minutes	RizzuttoStudio	
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Wednesday	11 AM	Cardio Kick boxing	50 Minutes	Gawlas	Studio
	12PM	Zumba	50 Minutes	Langley	Gym B
	12PM	weekly special - TBA	60 Minutes	Guests	Studio
	1PM	Toning- upper body	50 Minutes	Gould	Studio
	2PM	Abs	30 Minutes	Gould	Studio
	4:15 PM	Water Aerobics	45 Minutes	Dadey	Pool
	6 PM	Cardio	50 Minutes	Dadey	Studio
	6:15 PM	Spin	45 Minutes	RizzuttoTrack	
	7 PM	Spin	45 Minutes	Snyder	Track
	7 PM	Interval	50 Minutes	RizzuttoStudio	
	8 PM	1-2-3 Core	45 Minutes	Snyder	Studio
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Thursday	9:30AM	Lower body	50 Minutes	Gould	Studio
	10:30AM	Abs	30 Minutes	Gould	Studio
	11 AM	Fit Ball	50 Minutes	Gawlas	Studio
	12 PM	Zumba	50 Minutes	Langley	Gym B
	1:00 PM	De-Jiggle your Middle	40 minutes	Langley	Studio
	4:15PM	Yoga	60 Minutes	Sabo	Studio
	4:15 PM	Water Aerobics	45 Minutes	Dadey	Pool
	4:15PM	Boot Camp	45 Minutes	Rusko	Gym B
	5 PM	Cardio	50 Minutes	Dadey	Studio
	5 PM	Spin	45 minutes	Foster	Track
	6 PM	Resistance Bands	50 Minutes	Gawlas	Studio
		8 PM	Spin	45 Minutes	RizzuttoTrack
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Friday	10:15AM	Spin	45 Minutes	RizzuttoTrack	
	11 AM	Cardio Kick boxing	50 Minutes	Gawlas	Studio
	3 PM	1-2-3 Core	45 Minutes	Snyder	Studio
	4PM	Spin	45 Minutes	Snyder	Track

Classes are subject to change.

Contact Brenda Fetsko for additional information: fetsko@calu.edu 724-938-5471