



**SPRING 2017
GROUP EXERCISE SCHEDULE
January 9th – April 28th**

Fitness Room:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|----------------------------------|--|---------------------------------------|----------------------------------|--|
| Step & Strength 6:30-7:30am Kay | | *Functional Circuit* 7:00-7:45am | | Spin 6:00-7:00am Bill | Power Strength 9:15-10:15am Beth |
| | | | | | *Spin* 10:30-11:30am Paul |
| Spin 12:10-12:50pm Heidi | HIIT 11:30-12:15pm Miranda | Arms & Abs 12:10-12:40pm Darlene | Legs & Core 11:30-12:15pm Mindy | Zumba 12:00-1:00pm Kim K-B | |
| Spin 5:30-6:30pm Paul | Zumba 5:30-6:30pm Erica | Strong 5:30-6:30pm Ernesto | Zumba 5:30-6:30pm Kay | | |
| Zumba 6:40-7:40pm Tiffany | Spin 6:40-7:40pm Danielle | | | | *Classes* will run January 9 through March 4 |

Mind/Body Room:

| Monday | Tuesday | Wednesday | Thursday |
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| | | Vinyasa Yoga 6:30-7:30am Piper | |
| | Pilates 12:00-1:00pm James | | Vinyasa Yoga 12:00-1:00pm Piper |
| Barre 5:00-6:00pm Kim R | | Pilates 4:30-5:30pm Karena | |
| | Yoga (Level 1) 5:40-7:10pm Margie | | Yoga (Level 2) 5:40-7:10pm Margie |
| Vinyasa Yoga 6:10-7:10pm Maria | | Vinyasa Yoga 6:10-7:10pm Maria | |

Please check the website for schedule modifications on Ohio University holidays and breaks.
No Classes during Spring Break March 6 – March 11.