



**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
		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.