

Get Fit On Main Campus

W.O. Walker Health and Wellness Center

July 13, 2009-October 2, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunrise/Sunset Yoga Laura 6:30-7:15 AM	Basketball League 6:00-7:30 AM	Sunrise/Sunset Yoga Laura 6:30-7:15 AM	Basketball League 6:00-7:30 AM		Cycling Kristy 9:30-10:15 AM
	Toning Class-JJ3-107 Julia 12:15 1:00 PM				Boot Camp Total Tone Kristy 10:15-11:00 AM
Full Court Basketball 12:00-2:00 PM	Full Court Basketball League 12:00-2:00 PM	Full Court Basketball 12:00-2:00 PM	Full Court Basketball League 12:00-2:00 PM	Full Court Basketball 12:00-2:00 PM	Half Court Basketball 12:00-2:00 PM
	Pilates/Abs Julia 5:00-5:45 PM				
Zumba Samira 5:30-6:15	Boot Camp Kickboxing Julia 5:45-6:30 PM	Boot Camp The Works Daniae 5:30-6:15 PM	Cycling/Abs Ann 5:30 6:15 PM	Zumba Samira 5:30-6:15	
	Aqua Circuit Barbara 6:30-7:15 PM		Aqua Circuit Barbara 5:30-6:15 PM		
			Swim Lessons Barbara 6:30-7:15 PM		
Full Court Basketball 6:30-7:45 PM	Table Tennis League 5:30-7:45 PM	Volleyball League 5:00-7:45 PM	Full Court Basketball League 6:30-7:45 PM	Full Court Basketball 6:30-7:45 PM	

