

GROUP EXERCISE CLASSES

Monday:

0900 - 0945 **Circuit**
1200 - 1300 **FEP**
1700 - 1745 **Circuit**

Tuesday:

0900 - 0945 **Cardio Strength**
1530 - 1615 **Cardio Strength**

Wednesday:

0900 - 0945 **Circuit**
1100 - 1145 **Cardio Dance**
1200 - 1300 **FEP**
1700 - 1745 **Circuit**

Thursday:

0900 - 0945 **Cardio Strength**
1530 - 1615 **Cardio Strength**

Friday:

0900 - 0945 **Circuit**
1200 - 1300 **FEP**

1st Saturday of Month:

1400 - 1500 **Family Fit**

FITNESS CENTER



All classes are held in the Fitness Center in the
Group Fitness Room, Bldg. 103.

Fitness Center – 961-3164



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