

Fitness Schedule for Summer Session II – runs until August 16th

Most classes are open to all Students, Faculty and Staff.

***Sweaty 20, Weightlifting and Zumba are Faculty/Staff only.**

Monday	Centering Yoga w/ Karen 12:05pm-12:50pm, Studio 30
Tuesday	<u>Faculty/Staff</u> Weightlifting w/ Nick <i>*last class July 30</i> 7:15am-8:15am, WR Alternating each Tuesday - Yoga and Rowing 12:05pm-12:50pm, Studio 30 Pilot Cycle w/ Susan 4:45pm-5:45pm, Studio 20
Wednesday	<u>Faculty/Staff</u> Sweaty 20 w/ Julee 12:05pm-12:30pm, Studio 30 Kickboxing w/ Madison <i>*last class July 31</i> 5:45pm-6:45pm, Studio 20
Thursday	Kickboxing w/ Madison <i>*last class Aug 1</i> 12:05pm-12:50pm, Studio 20 Pilot Cycle w/ Sam 5:30pm-6:30pm, Studio 20
Friday	<u>Faculty/Staff</u> Zumba w/ Brady 12:05pm-12:50pm, Studio 30

Register online to hold your spot at: recservices.up.edu