



# Group Fitness Schedule FALL 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER YOGA	[CHRIS] 6:30-7:30 P.M. MP1	[CHRIS] 5-6 P.M. MP2				
BOSU BLAST		[MEGAN] 3:40-4:30 P.M. MP2		[MEGAN] 4-5 P.M. MP2		
BUTT AND GUT		[FRANK] 6:45-7:15 P.M. MP1				
CARDIO & CORE			[CALLYE] 5:30-6:30 P.M. MP3			
CARDIO TONE				[BRITNEY] 6:30-7:30 A.M. MP2		
FIGHTER'S ELITE KICKBOXING	[KELLIE] 6:20-7:20 P.M. MP2	[KELLIE] 6:20-7:20 P.M. MP2	[KELLIE] 6:30-7:30 P.M. MP2	[KELLIE] 6:20-7:20 P.M. MP2		[KELLIE] 10:00-11:00 A.M. MP2
FORM & FLOW YOGA				[CHRIS] 5-6 P.M. MP2		
FULL THROTTLE FITCAMP	[BRITNEY & TREY] 5-6 P.M. MP1					
HARD CORE, PEACE CORE		[BRITNEY] 4:30-5:00 P.M. MP2	[MEGAN] 4:30-5:00 P.M. MP2			
HIP HOP FITNESS		[MEGAN] 5:30-6:30 P.M. MP1		[MEGAN] 5-6 P.M. MP1		
INTRO TO TAI CHI	[BO CHEN] 5-6 P.M. MP3		[BO CHEN] 5-6 P.M. MP3			
MUSCLES DEFINED	[LAURA] 12-1 P.M. MP2		[LAURA] 12-1 P.M. MP2			
POWER YOGA	[CHRIS] 5:15-6:15 P.M. MP2		[CHRIS] 5:15-6:15 P.M. MP2			
QUICK KICK	[KELLIE] 7:30-8 P.M. MP1					
SPIN		[LAURA] 5:30-6:15 P.M. RB1	[FRANK] 6:40-7:25 A.M. RB1	[LAURA] 4:30-5:15 P.M. RB1		

REVISED ON THIS DAY: 10/19/2009

FOR MORE INFO VISIT US AT [WWW.SHSU.EDU/RECSPTS](http://WWW.SHSU.EDU/RECSPTS) OR CALL LAURA DOUGHERTY @ 936.294.1985