

# GROUP FITNESS SCHEDULE SPRING 2010

*All classes held in SHSU RSC	MON	TUES	WED	THURS	FRI	SAT	SUN
BEGINNER YOGA	CHRIS - MP3 6:30-7:30 PM		CHRIS - MP2 9-10 AM			CHRIS - MP2 9:45-10:45 AM	
CARDIO & CORE		CALLYE - MP2 EXPRESS 12:10-12:50 PM KELLIE- MP2: 5:15-6:15 PM		KELLIE - MP2 5:15-6:15 PM			
FIGHTER'S ELITE KICKBOXING	KELLIE - MP2 6:30-7:30 PM		KELLIE - MP2 6:30-7:30 PM				
F.I.T. KAT		DOK - MP1 7:45-8:35 PM	NANCY - MP2 EXPRESS 12:10-12:50 PM				
FORM & FLOW YOGA	CHRIS - MP2 5:15-6:15 PM						
HARD CORE, PEACE CORE		CALLYE - MP2 4:45-5:45 PM	CALLYE - MP2 7:45-8:15 PM	MEGAN - MP2 4:45-5:15 PM			
INSTRUCTOR CHOICE						TBA - MP2 11:00-11:50 AM	
INTRO TO POWER YOGA	CHRIS - MP2 EXPRESS 9:15-9:55 AM						
MAT PILATES	CRYSTAL - MP2 8-9 AM			CRYSTAL - MP2 8-9 AM			CRYSTAL - MP2 5-6 pM
MAT PILATES		LAURA - MP3 4-5 PM	LAURA - MP2 5:15-6:15 PM	LAURA - MP2 EXPRESS 12:10-12:50 PM LAURA - MP3: 4-5 PM			
MUSCLES DEFINED	MEGAN - MP2 EXPRESS 12:10-12:50 PM KELLIE- MP2: 4-5 PM	DOK - MP2 6:40-7:40 AM	TONI - MP2 4-5 PM				
POWER YOGA		CHRIS - MP3 5-6 PM		CHRIS - MP3 5-6 PM			
SPIN/CORE	TONI - RB1 4-5 PM		LAURA - RB1 4-5 PM				
SPINNING 3							FRANK - RB1 6-7 pm SPIN 3
SPINNING 2	DOK - RB1 6:40-7:25 AM JILL - RB1 5:30-6:15 PM	LAURA - RB1 5:30-6:15 PM SPIN 2	LAURA- RB1 6:40-7:25 AM KELLIE - RB1 5:30-6:15 PM	MEGAN - RB1 5:30-6:15 PM	FRANK - RB1 6:40-7:25 AM SPIN 2	TBA- RB1 9:30-10:15 AM SPIN	
SPINNING 1	JILL - RB1 7:00-7:30 PM SPIN 1	MEGAN - RB1 7:00-7:30 PM SPIN 1	JILL - RB1 7:00-7:30 PM SPIN 1	DOK - RB1 7:00-7:30 PM SPIN 1	JILL - RB1 12:10-12:40 PM SPIN 1		
WEIGHT ROOM ORIENTATION						DOK 11 AM - 12 PM JAN 23 - FEB 27	
ZUMBA		BETHANNY - MP2 6:30-7:20 PM		BETHANNY - MP2 6:30-7:20 PM			

**STUDENTS: \$2/CLASS | \$40/SEMESTER**  
**FACULTY/STAFF: \$3/CLASS | \$50/SEMESTER**  
**OTHER: \$4/CLASS | \$60/SEMESTER**  
**BLUE = PASS REQUIRED | ORANGE = FREE**

**TRY GROUP FITNESS CLASSES FOR FREE THROUGH FEBRUARY 14TH!**  
 Beginning February 15th, a pass is required to participate in the classes indicated. One class passes may be purchased from the Member Services Desk anytime or Semester passes are available in the Rec Sports Office 162 Monday-Friday 8am-6pm. \*Schedules are subject to change.\* Visit our website at [WWW.SHSU.EDU/RECSPORTS](http://WWW.SHSU.EDU/RECSPORTS) or call us at (936)294-1307 for the most accurate schedule information.