




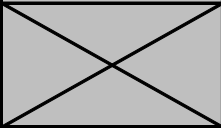
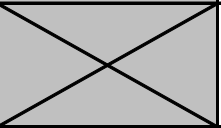

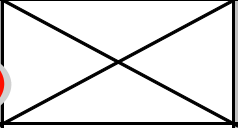

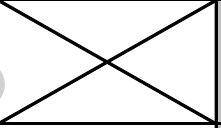
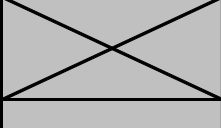
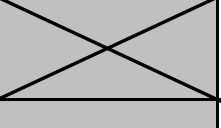
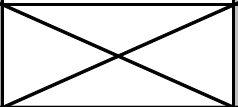
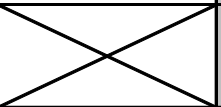


Group Fitness & Dance Schedule Fall 09

August 31 - October 18

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
7:00-7:45		Indoor Cycling Chris 		Indoor Cycling Chris 	Cycle, Step and Tone Ind 	
8:00 - 9:00	Full Body Tone Anika		Full Body Tone Anika			
9:15 -9:45	Abs and Core Ankia		Abs and Core Ankia			
9:15-10:15						Zumba Nicki
10:15-11						Toning & Abs Shelly
11-11:35	Cycle Express Indiana 	Bosu Training Luisa	Cycle Express Indiana 	Kickboxing Lorraine	Bosu Training Luisa	
12-12:50	Step It Up Maureen	*Hatha & Restorative Yoga Kim	Pilates Lorraine	Cardio & Tone Yvonne	*Hatha & Restorative Yoga Kim	
4:15-5:10	HIP HOP ★ JAZZ ★ KATHLEEN	MODERN DANCE ★ YVONNE ★	Bosu Training Tina	MODERN DANCE ★ YVONNE ★		
5:15-6:00		Toning & Abs Kathleen		Toning & Abs Kathleen		
5:30-6:30	Indoor Cycling Peter 		Indoor Cycling Peter 			
6:00- 6:45		Cardio Dance Shelly		Cardio Dance Shelly		
6:30- 7:30	Zumba Nicki		Zumba Nicki			
6:45- 7:45		BRAZILIAN SAMBA ★ JENNY ★				

Questions please contact Amy Henkelman Assist. Director 520-4594 ahenkelm@iusb.edu

We ask for your safety and the respect of others that you attend classes on time. If you can not be there on time we ask that you not take class that day.



these are indoor cycling classes that are limited to the first 11 participants



These are dance lessons that progresses throughout the semester