

Group Fitness Schedule for Session I Summer 09

Summer Session I May 18 - June 26

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.
7:00-7:45	Zumba Kelly		Zumba Kelly		
11-11:35		Step Indiana		Step Indiana	
12-12:50	Step & Sculpt Luisa	Hatha Yoga Kim	Step & Sculpt Luisa		Hatha Yoga Kim
4:00 - 4:50					
5:00 - 5:45		Body Sculpt & Abs Kathleen	Body Sculpt & Abs Kathleen		
5:45- 6:30				Abs & Core Jessica	

*Classes may be cut due to low enrollment after the first three weeks of classes

Questions please contact Amy Henkelman Assist. Director 520-4594 ahenkelm@iusb.edu
\$25.00 for a Summer pass good for the whole summer or \$5.00 per class

<http://www.iusb.edu/~sbsac/groupfitness.shtml>

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.



Summer Session II July 6 - Aug. 14

Schedule will be posted mid-June

