

# SUMMER

# GROUP EXERCISE SCHEDULE



May 30<sup>th</sup> – August 18<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am Spin & Core Chris Studio 306	7:30am BODYPUMP Jackie Studio 409	7:00am BODYATTACK Nellie Studio 409	7:00am Spin & Core Chris Studio 306	7:30am BODYPUMP Rachel Studio 409	9:00am BODYPUMP Lilly Studio 409	5:00pm CXWORX Dayna Studio 409
12:00pm BODYPUMP Ted Studio 409	9:15am Aqua Aerobics Miles Sheerr Pool	7:30am Spinning Aly Studio 306	7:15am Aqua Aerobics Miles Sheerr Pool	12:00pm Rhythm Ride Nikki Studio 306		5:15pm Spinning Sa'ood Studio 306
12:00pm Rhythm Ride Nikki Studio 306	11:45am Spin Express Susan Studio 306	8:00am Pilates 101 Angie Studio 305	7:30am BODYCOMBAT Ben Studio 409	12:15pm BODYCOMBAT Jacqui Studio 409		5:35pm BODYCOMBAT Dayna Studio 409
1:00pm Express Barre Diane Studio 305	12:10pm Barre Angela Studio 305	12:30pm Spinning Susan Studio 306	12:00pm Body Pump Abby Studio 409	4:30pm BODYPUMP Abby Studio 409		
4:00pm Brazilian Butt Lft Darren Studio 409	12:30pm Spinning Michael Studio 306	5:15pm BODYPUMP Jackie Studio 409	12:10pm Barre Angela Studio 305	5:45pm CXWORX Dee Studio 409		
5:15pm Cardio Barre Corina Studio 414	5:15pm BODYCOMBAT Ted Studio 409	5:30pm Spinning Nikki Studio 306	12:30pm Spinning Michael Studio 306	6:15pm BODYCOMBAT EXPRESS Dayna Studio 409		
5:15pm BODYPUMP Alex/Portia Studio 409	5:30pm Spinning Chris Studio 306	6:30pm CXWORX Portia Studio 409	5:15pm Zumba Ray Studio 409			
6:15pm Spinning Lily Studio 306	6:30pm Zumba Jen Studio 409	7:00pm BODYCOMBAT Rachel Studio 409	5:30pm Spinning Jacqui Studio 306			
6:30pm Zumba Myrna Studio 409			6:30pm BODYCOMBAT Chuck Studio 409		*Classes and instructors are subject to change. Please check <a href="http://pennn.edu/recreation">pennn.edu/recreation</a>	