

FALL FITNESS SCHEDULE

- **All Group Exercise classes are 55 MINUTES unless otherwise noted.**
- **All Spinning classes are 45 minutes. Please bring a TOWEL and WATER.**
- **Every participant must sign a waiver at the Concannon Fitness Center Welcome Desk before taking 1st class.**
- **There are a limited number of yoga mats. If you have your own please bring it!**

Group Exercise: Classes are located in the Peterson Studio near the track.

Spinning is located in the basement of Alumni Hall. **Everyone must check in** at the **Welcome Desk** at the **Concannon Fitness Center** starting **30 minutes** prior to the start of class to reserve a bike. There are only 18 bikes so sign in early!

	Group Exercise			Spinning	
	Time	Class	Instructor	Time	Instructor
M O N	12:10	Upper Body Blast	Elizabeth	12:10 – 12:50	Kristina
	4:00	20/20/20	Kristi	3:30	Jaclyn
	5:00	Yoga	Marie	6:00	Elizabeth
	6:00	Step	Devan	9:00	Krissy
	10:00	Zumba	Krissy		
T U E	12:10	Yoga	Marie	12:10-12:50	Jaclyn
	4:30	30 min abs	Nicole	7:00	Katie
	5:00	Kickboxing	Nicole		
	6:00	Upper Body Blast	Elizabeth		
	7:00	Hip Hop Cardio	Devan		
	9:00	Zumba	Krissy		
	10:00	Pilates	Krissy		
W E D	4:30	30 min abs	Kristi	7:00 AM	Nicole
	5:00	Boot Camp	Kristi	12:10-12:50	Kristina
	6:00	20/20/20	Devan	5:00	Krissy
	10:00	Zumba	Krissy		
T H U	1:00	Zumba	Krissy	12:10-12:50	Nicole
	4:00	Kickboxing	Nicole	4:45	Kristina
	5:00	Butts & Guts	Kristi	6:15	Katie
	6:00	Yoga	Marie		
	7:00	Zumba	Elizabeth		
F R I	12:10	Total Body Toning	Kristi	12:10-12:50	Jaclyn
	3:00	Cardio Abs	Elizabeth	3:30	Katie
	4:00	Happy Hour	Kristi		

Spinning Sign
 ○ in at the
**WELCOME
 DESK**

Bring a
 towel and
 Bottle to
 class!