



**Center for
Fitness and Performance**

AUGUST FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-9:00am		Cardio Blast (Jen)	Tone & Tighten (Steph) 8:00 am-8:45 am				
9:00am – 10:00am		Zumba Beginners (Steph) 9:00am-10:00am	PiYo (Stephanie)		Zumba (Steph) 8:45am-9:45am		
10:00am-11:00am			Zumba (Stephanie)		PiYo (Stephanie)	Cardio Step & Tone (Jayme) 10:10am – 10:55am	
11:00am - 12:00pm	Senior Circuit (Danielle)	Stretch & Flex (Stephanie) 11:10am-11:45am	Senior Circuit (Stephanie)		Senior Circuit (Stephanie)		
12:00pm-1:00pm	Tone & Tighten (Jaima) 12:10pm-12:45pm	Espresso Spin (Jen) 12:10 pm-12:45pm	Tone & Tighten (Jaima & Steph) 12:10pm-12:45pm	Espresso Spin (Jen) 12:10 pm-12:45pm			
4:00pm-4:30pm	Totally Abs (Mimi) 4:00pm-4:30pm	-----		Totally Abs (Mimi) 4:00pm-4:30pm	-----		
4:30pm-5:15pm	Cardio Jam (Danielle)	Bosu Step & Tone (Danielle) 4:30pm-5:10pm	No Limits Circuit (Danielle)	Spinning (Jen)			CLASS FEES: Classes are FREE to CF&P members
5:15pm-6:15pm	Body Sculpt (Gage) 5:30pm-6:15pm	Zumba (Jaima) 5:15pm-6:10pm	Body Sculpt (Tony) 5:30pm-6:15pm	Body Sculpt (Tony) 5:30pm-6:15pm			\$10.00 guest fee per day for Non-Members
6:00pm-7:00pm	Spinning (Jen) 6:30pm-7:15pm	Body Sculpt (Gage) 6:10pm-6:55pm	Spinning (Jen) 6:30pm-7:15pm	Yoga (Megan) 6:30pm-7:30pm			SENIOR RATES FOR CLASSES are a \$5.00 guest per day CLASS START TIMES MAY VARY,
7:00pm-8:00pm		Yoga (Megan) 7:00pm-8:00pm		-----			BE SURE TO READ SCHEDULE!
8:00pm–8:45pm		Spinning-Endurance (Ivory)		Spinning-Strength/Interval (Ivory)			

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