

SPRING 2012 KINE CLASS SCHEDULE

Mon & Wed	Weight Room	Cardio Room	MP ROOM GYM	CLASS RM N 102	DANCE STUDIO	RACQUET COURTS	TENNIS
8:00 – 9:20 am	Zarosky 8:30-9:20	8-8:30			Aerobics Herbert		Saturday Class
9:30-10:50 am	10:15-10:50	FFL Murrell		First Aid James	Tai Chi 10-11		Saturday Class
11:00-12:20	11:30-12:20 Talbot	11-11:30 Talbot			Yoga Anderson	Racquetball Graham	Saturday Class
12:30-1:50 pm	1:15-1:50 Murrell	12:30-1:15 Murrell					
2:00-3:20 pm	2:30-3:20 Talbot	2-2:30 Talbot			Aerobics Anderson		
3:30-4:40 pm			Badminton 3 – 5:30				
4:30-5:30 pm				Rock Climbing Mon. 5-8 pm	Wellness Aerobics		
5:30 – 6:50 pm		FFL Blackburn	Club Sports	Golf Mathena			
7:00 – 8:20 pm			Club Sports	Golf Mathena	Yoga Anderson		

SPRING 2012 KINE CLASS SCHEDULE

Tues & Thurs	Weight Room	Cardio Room	MP ROOM GYM	CLASS RM N 102	DANCE STUDIO	RACQUET COURTS	TENNIS
8:00 – 9:20 am	FFL 8:40-9:20	Zarosky 8-8:40					Saturday Class
9:30-10:50 am	WT 9:45-10:50	Ridgeway 9:30-9:45			Tai Chi Maraviglia		Saturday Class
11:00-12:20	FFL 11:45-12:20	Black 11-11:45	Volleyball Graham	First Aid Ridgeway			Saturday Class
12:30-1:50 pm	WT 12:45-1:50	Ridgeway 12:30-12:45					Tennis Black
2:00-3:20 pm			Club Sports				
3:30-4:50 pm	FFL 4-4:50	Ridgeway 3:30-4	Club Sports				
4:30-5:30 pm			Club Sports		Wellness Yoga		
5:30 – 6:50 pm	WT 5:30-6:20	6:20-6:50	Club Sports				
7:00 – 8:20 pm			Club Sports Out at 7PM		Aerobics Herbert	Racquetball 7-8:30	

Fitness Center Hours: M-TH. 7 am – 8:30 Fri. 7 am – 2 pm. Sat. 8 am – 12 noon. Closed Sunday

Aerobics M-W 4:30 – 5:30 pm. **Yoga** T-TH 4:30 – 5:30 pm **Rockwall**, Wed. 3-5 pm.

Badminton M-W 3-5:30

Class times may change at any time without notice. **No admittance into any fitness area while class is in session. Personal Trainers not allowed to train in facility.**