


Spring 2012 Group Fitness Schedule

All classes are FREE! There is no sign-up necessary! Just pop-in, have fun and get your workout on!

Classes begin Monday, January 23 and end Friday, May 4.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga 7 to 7:45 a.m. Liz	Ab Blast 8:20 to 8:50 a.m. Morgan	Yoga 7 to 7:45 a.m. Nina		Yoga 7 to 7:45 a.m. Chrisanna
	Fitness Fusion 7:55 to 8:55 a.m. Emily	Yoga 9 to 10 a.m. Kim	Drums Alive™ 7:55 to 8:55 a.m. Dan	Yoga 9 to 10 a.m. Kim	Fitness Fusion 7:55 to 8:55 a.m. Emily
	Aqua Aerobics 7:45 to 8:45 a.m. Katy *KEC Pool	Sculpt & Tone 10:10 to 10:40 a.m. Marie	Aqua Aerobics 7:45 to 8:45 a.m. Amarra *KEC Pool	Sculpt & Tone 10:10 to 10:40 a.m. Marie	Aqua Aerobics 7:45 to 8:45 a.m. Katy *KEC Pool
			Zumba™ 12:10 to 12:50 p.m. Dez	Yoga 12:10 to 12:50 p.m. Liz	
	Drums Alive™ 4:20 to 5:05 p.m. Dan		Pilates & Abs 5:05 to 5:50 p.m. Shawn	Zumba™ 4:35 to 5:35 p.m. Taryn	Zumba™ 2 to 3 p.m. Taryn
	TurboKick™ 5:10 to 6:10 p.m. Alyssa	30/30 4:40 to 5:40 p.m. Emily	Dual Body Workout 5:55 to 6:25 p.m. Morgan & Jimmy	Full Body Circuit 5:40 to 6:10 p.m. Natalie	 <p>Questions? 920-465-2449</p>
	* Zumba™ 6:15 to 7:15 p.m. Chelsea	Punk Rope™ 5:45 to 6:45 p.m. Jimmy	TurboKick™ 6:30 to 7:30 p.m. Chrisanna	Kickboxing 6:15 to 7:15 p.m. Natalie	
TurboKick™ 5:45 to 6:45 p.m. Tayler	Kickboxing 7:20 to 8:20 p.m. Natalie	* Zumba™ 6:50 to 7:50 p.m. Dez	Yoga 7:35 to 8:20 p.m. Liz	Ab Blast 7:20 to 7:50 p.m. Morgan	
Yoga 6:50 to 7:50 p.m. Nina	Butts & Guts 8:25 to 8:55 p.m. Kasey	Yogalates 7:55 to 8:55 p.m. Kasey	Group Personal Training 8:25 to 8:55 p.m. Dan	TurboKick™ 7:55 to 8:55 p.m. Emily	
	* Zumba™ 9 to 10 p.m. Julie	* Zumba™ 9 to 10 p.m. Chelsea	* Zumba™ 9 to 10 p.m. Julie	Yoga 9 to 10 p.m. Kim	

**Zumba™ classes that require picking up a pass at the KEC front desk up to an hour before class starts to gain access.*

(Visit the KEC website for rules and exceptions: <http://www.uwgb.edu/kress>)

