

Group Fitness Schedule

March 26 – May 6, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00-7:45 a.m.	Metabolic Training Melanie Rm. 140	Strength Training Malinda Rm. 140	Metabolic Training Melanie Rm. 140	Tai Chi Mark Rm. 141	Strength Training Malinda Rm. 140	
12:00-1:00 p.m.	Boot Camp Dawna Rm. 141	Zumba® Natalie Rm. 141	Step Kristin Rm. 141	Zumba® Malinda Rm. 141	Cardio Sculpt Renee Rm. 141	
	Spin Renee Bridge	Spin Renette Bridge	Spin Renee Bridge	Spin Renette Bridge	Spin Dawna/ Heather Bridge	
4:15-5:00 p.m.	Pilates Cathy Rm. 140	PiYo® Donna Rm. 141	Pilates Cathy Rm. 140	PiYo® Patricia Rm. 140	Zumba® TJ Rm. 141	
	Spin TJ Bridge					
5:05-5:25 p.m.	Abs Express Cathy Rm. 140	Abs Express Patricia Rm. 140	Abs Express Cathy Rm. 140			
5:05-5:50 p.m.		Zumba® Donna Rm. 141	Zumba 101 LeQui Rm. 141	Spin Kristin Bridge		
5:30-6:25 p.m.	Zumba® LeQui Rm. 141	Kickboxing Peggy Rm. 140	Zumba® LeQui Rm. 141	Zumba® Melissa Rm. 141	WEEKEND SCHEDULE SATURDAY Spin Kristin/ Krissy (10:15 – 11:15 a.m.)	
	Boot Camp Darcy Rm. 140		Boot Camp X Kenneth Rm. 140			Tone-It-Up Peggy Rm. 140
	Spin Kristin Bridge		Spin Krissy Bridge			
6:30-7:25 p.m.	Bags Darcy Rm. 140	Yoga Thomas Rm. 140	Boot Camp Krissy Rm. 140	Yoga Thomas Rm. 140	SUNDAY Zumba® Natalie Rm. 141 (3:15-4:10 p.m.) Yoga Carly Rm. 140 (4:15 – 5:15 p.m.)	
		Pilates Cathy Rm. 141		Pilates Melissa Rm. 141		
7:30-8:30 p.m.	Tai Chi Mark Rm. 141	Spin Krissy Bridge	Yoga Carly Rm. 140	Spin Krissy Bridge	Spin Krissy Bridge (4:15 – 5:15 p.m.)	

Schedule Subject to change

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