

Group Fitness Class Schedule: Summer 2009

This class schedule is valid starting on July 6, 2009. Classes with limited attendance as of July 20, 2009 WILL be cancelled.
 Highlighted classes are ALWAYS free! Schedule is subject to change; visit www.umaine.edu/campusrecreation.

UMaine Recreation & Fitness Center - Location Key

P = Pool | 1 = Multipurpose Room 1 | FRA = Foster Multipurpose Room A
 FRB = Foster Multipurpose Room B | CR = Conference Room | MAC = Multi-Activity Court

	Monday	Tuesday	Wednesday	Thursday	Friday
EARLY MORNING		6:00-7:00 Venerable Vortex Kathy P		6:00-7:00 Venerable Vortex Kathy P	
		6:30-7:30 Pilates Roxanne FRB			
LUNCHTIME		11:00-11:45 Serenity Stretch Roxanne FRB		11:00-11:45 Serenity Stretch Roxanne FRB	11:15-11:45 (time diff on Wed.) Hardcore Roxanne FRA
			11:30-12:00 (time diff on Fri.) Hardcore Roxanne FRB		
		12:00-1:00 Cycle X Justine 1	12:00-1:00 Dynamic Step Roxanne FRA	12:00-1:00 Cycle X Justine 1	12:00-1:00 Dynamic Step Roxanne FRA
LATE AFTERNOON AND EVENING	4:30-5:15 BOSU Blast Justine FRB	4:30-5:30 Pilates Justine FRB			
			5:00-5:45 Body Ball Megan FRA		
	5:30-6:30 Dynamic Step Bethany FRA	5:45-6:30 BOSU Blast Justine FRB		5:30-6:30 Dynamic Step Bethany FRB	
				6:45-7:30 Body Ball Bethany FRB	