

## Finals Week De-Stress Group Fitness Schedule



	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>
	<b>5/14/08</b>	<b>5/15/08</b>	<b>5/16/08</b>	<b>5/17/08</b>	<b>5/18/08</b>	<b>5/19/08</b>	<b>5/20/08</b>
<b>7am</b>	Twist and Shout Cardio AM Blast- John P.					Twist and Shout Cardio AM Blast- John P.	
<b>8am</b>							
<b>9am</b>							
<b>10am</b>							
<b>11am</b>		Pilates and stretch- David					Pilates and Stretch- David
<b>12pm</b>	Yoga- Shannon	On the ball- David				Pilates- David	Yoga- David
<b>1pm</b>	Pilates- David	Yoga- Shannon				On the Bal- David	
<b>2pm</b>	On the Ball- David		Pilates Pump- Jon B.		Spin- Holly	Abs, Tone and Stretch- Jon B	
<b>3pm</b>				Hip Hop- Bridget	Boot Camp Fitness- Holly		
<b>4pm</b>	Yoga- Increase peace and wellbeing- Baca			Spin- Holly			Yoga- Increase peace and wellbeing- Baca
<b>5pm</b>							
<b>6pm</b>		Hip Hop- Bridget					
<b>7pm</b>	Spin- Holly					Spin- Holly	
<b>8pm</b>	Boot Camp Fitness- Holly					Boot Camp Fitness- Holly	
<b>9pm</b>		Sleepy Time Tai Chi- John P					

\* All classes are held on the first floor of the Missions Fitness Center Exercise Room  
Space is limited so plan out your schedule and arrive early