

Preview Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
12:00-12:55pm	Power Yoga Jennie O.		Yoga Sculpt Meg H.							
12:30-1:25pm		Pilates Sculpt Allison S.								
1:00-1:55pm	<h2 style="text-align: center; color: red;">Free Week of Fitness! February 6th-12th</h2>					Power Yoga Tracy D.	Yoga Fire Erin A.			
2:00-2:55pm										
4:00-4:55pm										Indoor Cycling *SC 109 Justine D.
5:15-5:55pm						Indoor Cycling *SC 109 Sam D.			Power PiYo Rene' M.	
6:00-6:55pm	Boot Camp Blast Arturo F.	Yoga Fire (6-7:25pm) Deborah M.	Boot Camp Blast Arturo F.	Abs & Toning Lisa T.						
7:00-7:55pm	Power Yoga Andrea G.		Power Yoga Deborah M.	Ultimate Cardio Kick Boxing & Abs Monica T.						
8:00-8:55pm	Abs & Toning Arturo F.	Zumba Cardio Dance Timmy W.	Abs & Toning Arturo F.							
9:00-9:55pm			Have a Ball Jo-Anna M.							



Fit & Active Spring 2012



- Simply show up to participate. Space Limited.
- Classes are held in MFC exercise room (unless otherwise indicated)
- Register for \$80 long semester program online at:

www.sandiego.edu/campusrecreation/fitness_wellness.php

