



Adult Fitness Program

Group Fitness Schedule

January 2020



DEPARTMENT OF
HEALTH AND EXERCISE SCIENCE

*** Warm-ups are offered at: MWF 6:15am, MTWRF 12:05pm, & MWR 5:20 pm*

Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (R)	Friday (F)	Saturday
30 —Closed— No AF	31 —Closed— No AF	1 —Closed— No AF	2 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	3 Yoga 6:45-7:30am	4 Warm-up 8:15am
6 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	7 Stretch & Balance 12:25-12:50pm	8 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	9 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	10 Yoga 6:45-7:30am	11 Warm-up 8:15am
13 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	14 HIT the circuit 12:25-12:50pm	15 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	16 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	17 Yoga 6:45-7:30am	18 Warm-up 8:15am
20 —Closed— No AF Martin Luther King Jr. Day	21 Hi-Lo 12:25-12:50pm	22 L.O.W. 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	23 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	24 Yoga 6:45-7:30am	25 Warm-up 8:15am
27 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	28 Stretch & Balance 12:25-12:50pm	29 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	30 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	31 Yoga 6:45-7:30am	1 Warm-up 8:15am



Adult Fitness Program

Group Fitness Schedule

February 2020



DEPARTMENT OF
HEALTH AND EXERCISE SCIENCE

*** Warm-ups are offered at: MWF 6:15am, MTWRF 12:05pm, & MWR 5:20 pm*

Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (R)	Friday (F)	Saturday
3 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	4 HIT the circuit 12:25-12:50pm	5 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	6 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	7 Yoga 6:45-7:30am	8 Warm-up 8:15am
10 Hi-Lo 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	11 Hi-Lo 12:25-12:50pm	12 L.O.W. 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	13 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	14 Yoga 6:45-7:30am	15 Warm-up 8:15am
17 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	18 Stretch & Balance 12:25-12:50pm	19 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	20 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	21 Yoga 6:45-7:30am	22 Warm-up 8:15am
24 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	25 HIT the circuit 12:25-12:50pm	26 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	27 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	28 Yoga 6:45-7:30am	29 Warm-up 8:15am

Adult Fitness Program

Group Fitness Schedule

March 2020

**** Warm-ups are offered at: MWF 6:15am, MTWRF 12:05pm, & MWR 5:20 pm**



Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (R)	Friday (F)	Saturday
2 Hi-Lo 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	3 Hi-Lo 12:25-12:50pm	4 L.O.W. 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	5 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	6 Yoga 6:45-7:30am	7 Warm-up 8:15am
9 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	10 Stretch & Balance 12:25-12:50pm	11 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	12 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	13 Yoga 6:45-7:30am	14 Warm-up 8:15am
16 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	17 HIT the circuit 12:25-12:50pm	18 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	19 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	20 Yoga 6:45-7:30am	21 Warm-up 8:15am
23 Hi-Lo 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	24 Hi-Lo 12:25-12:50pm	25 L.O.W. 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	26 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	27 Yoga 6:45-7:30am	28 Warm-up 8:15am
30 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	31 Stretch & Balance 12:25-12:50pm	1 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	2 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	3 Yoga 6:45-7:30am	4 Warm-up 8:15am



Adult Fitness Program

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April 2019



DEPARTMENT OF
HEALTH AND EXERCISE SCIENCE

** Warm-ups are offered at: MWF 6:15am, MTWRF 12:05pm, & MWR 5:20 pm

Monday (M)	Tuesday (T)	Wednesday (W)	Thursday (R)	Friday (F)	Saturday
30 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	31 Stretch & Balance 12:25-12:50pm	1 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	2 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	3 Yoga 6:45-7:30am	4 Warm-up 8:15am
6 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	7 HIT the circuit 12:25-12:50pm	8 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	9 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	10 Yoga 6:45-7:30am	11 Warm-up 8:15am
13 Hi-Lo 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m. Yoga 6:05-6:50pm	14 Hi-Lo 12:25-12:50pm	15 L.O.W. 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	16 L.O.W. 12:25-12:50pm Water Aerobics 5:30-6:30pm	17 Yoga 6:45-7:30am	18 Warm-up 8:15am
20 Stretch & Balance 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	21 Stretch & Balance 12:25-12:50pm	22 Fitball 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	23 Fitball 12:25-12:50pm Water Aerobics 5:30-6:30pm	24 Yoga 6:45-7:30am	25 Warm-up 8:15am
26 HIT the circuit 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Yoga 6:05-6:50 p.m.	27 HIT the circuit 12:25-12:50pm	28 Arms Race 6:35-7:00am 12:25-12:50pm 5:40-6:05pm Zumba 6:05-6:50pm	29 Arms Race 12:25-12:50pm Water Aerobics 5:30-6:30pm	30 Yoga 6:45-7:30am	1 Warm-up 8:15am