

# The Wellness Center Group Exercise Schedule: Fall Semester 2012

Monday August 27-Friday December 7

Version 3

Mondays	Tuesdays	Wednesdays	Thursdays
	Noon-12:50pm <b>Spartan Extreme</b> David		Noon-12:50pm <b>Spartan Extreme</b> David
3:30pm-4:20pm <b>Power Pilates</b> Rhea		3:30pm-4:20pm <b>Power Pilates</b> Rhea	
	4:00pm-4:50pm <b>Cardio Blast</b> Rhea		
4:30pm-5:20pm <b>Zumba</b> Cassie		4:30pm-5:20pm <b>Flow Yoga</b> Lori	4:30pm-5:20pm <b>Cycle Circuit</b> Josh
5:30pm-6:20pm <b>Beginner Yoga</b> Begins September 10th Glen	5:30pm-6:20pm <b>Total Body Makeover</b> Shawna	5:30pm-6:20pm <b>Zumba</b> Brittney	5:30pm-6:20pm <b>HardCORE</b> Chandler
	5:30pm-6:20pm <b>Hydro Power</b> Maya	5:30pm-6:20pm <b>Aqua Zumba</b> Begins October 17th Maya	5:30pm-6:20pm <b>Hydro Power</b> Maya
7pm-9pm <b>Jiu Jitsu</b> Begins September 3rd			7pm-9pm <b>Jiu Jitsu</b> Begins September 6th

Classes are located in the Group Exercise Studio on the lower level of the Wellness Center

Hydro Power/Aqua Zumba is held in the Wellness Center pool

Cycling class is limited to only nine participants on a first come first serve basis

Please bring water and appropriate exercise apparel to each class

This schedule is subject to change, for newer versions visit: [www.uscupstate.edu/wellness](http://www.uscupstate.edu/wellness)

Questions/Comments? Contact Glen Batista: [gbatista@uscupstate.edu](mailto:gbatista@uscupstate.edu) : 864.503.5069



