

USCB FITNESS CLASS SCHEDULE



Spring 2012
CAMPUS CENTER –
MULTIPURPOSE ROOM



DAY	TIME	CLASS	INSTRUCTOR
Monday	7:30- 8:30 AM	Yoga	Wendy Kelly
Monday	5:30 – 6:30 PM	Cardio Hip-Hop	Camila Pacecho
Tuesday	7:30 – 8:30 AM	Boot Camp	Robin McDonnell
Tuesday	5:00 – 6:00 PM	Cardio Kickboxing	James Moore
Wednesday	5:30 – 6:30 PM	Yoga	Wendy Kelly
Thursday	5:30 – 6:30 PM	Zumba	Ivette Lopez-Moore
Friday	7:30 – 8:00 AM	Core/Abs	Robin McDonnell

Starting Tuesday, January 17, 2012 – First week of classes are FREE!

Students must pay \$10 to participate in an unlimited amount of fitness classes for the entire semester or \$5 for a specific class (for example, if you were only interested in doing yoga for the semester, it would cost \$5). Faculty must pay \$20 to participate in an unlimited amount of fitness classes or \$10 for an individual class (only yoga for the semester). A membership card will be required for all fitness classes. Please see Lindsey Logue in Room 118 of the Campus Center to receive your membership card

