

## Fall 2009 Group Fitness Schedule October 12 - December 13, 2009

Group Fitness Studio A	CLASS TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
	12-12:50PM	Fac/Staff Circuit		Fac/Staff Circuit		Bootcamp Express (til 12:30)		
	4-4:50PM	Butts, Guts & Thighs		Butts, Guts & Thighs				
	4:30-4:50PM		Rock Hard Abs		Rock Hard Abs	Core Express		
	5-5:50PM	Zumba	Bootcamp	Zumba	Bootcamp	Power Hour		
			H2O Challenge Sept 1-Dec 10 (VC Pool)		H2O Challenge Sept 1-Dec 10 (VC Pool)			
	6-6:50PM	Cardio Stepboxing	Body Sculpting	Cardio Stepboxing	Body Sculpting			Zumba
7-8:30PM	Belly Dancing Aug 31-Dec 9		Belly Dancing Aug 31-Dec 9				Note: Classes in grey require pre-registration. Visit the SFC Reception Desk for more information.	

Group Fitness Studio B	CLASS TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
	7-7:50AM		Power Yoga		Power Yoga			
	4-4:50PM		BOSU Step	Hip Hop Abs (til 4:30PM)	BOSU Sculpt			
				Punk Rope (til 5:00PM) Starts Oct. 21				
	5-5:50PM	Turbo Kick	Reality Kickboxing Sept 15-Nov 19		Reality Kickboxing Sept 15-Nov 19			
	6-6:50PM		Pilates	Couples Salsa Sept 16-Dec 9	Pilates			Note: Classes in grey require pre-registration. Visit the SFC Reception Desk for more information.
	7-7:50PM	Zumba		Zumba				

SPIN® Studio	CLASS TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
	7-7:50AM	SPIN®	<b>CANCELLED!</b> SPIN® Adventure Ride	SPIN®				
	9:15-10:30AM						SPIN® & Tone	
	12-12:50PM		SPIN®		SPIN®			
	4-4:50PM	SPIN®		SPIN®		Drop In SPIN®		
	5-5:50PM		SPIN®					
	6-6:50PM	SPIN® Adventure Ride		SPIN® Adventure Ride				
	7-7:50PM		SPIN®					
	8-9PM				Grey's Anatomy SPIN®			Note: Please stop by the SFC Reception Desk & pick up a SPIN® ticket before attending class.

Class size may be limited due to equipment and space requirements. The max capacity for Group Fitness Studio A is 86. The max capacity for the SFC Expansion Studio B is TBA. SPIN® classes are limited to 20 participants. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. Campus Recreation reserves the right to cancel any class on the basis of low attendance. Schedule changes will be posted on the website, [www.siu.edu/crec](http://www.siu.edu/crec). Please call 650-BFIT or 650-5611 for more information.