

Be sure to get your last minute workouts in before the Thanksgiving Holiday!



Fall 2009 Group Fitness Schedule Thanksgiving Break November 23 - November 29

Group Fitness Studio A

CLASS TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
4-4:50PM	Butts, Guts & Thighs		Butts, Guts & Thighs	CLOSED			
4:30-4:50PM		Rock Hard Abs					
6-6:50PM	Cardio Stepboxing	Body Sculpting					

Group Fitness Studio B

CLASS TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
7-7:50AM		Power Yoga		CLOSED			

SPIN® Studio

CLASS TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7-7:50AM	SPIN®		SPIN®	CLOSED			
12-12:50PM		SPIN®					
6-6:50PM	SPIN® Adventure Ride						
7-7:50PM		SPIN®					

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. Please call 650-BFIT or 650-5611 for more information.