

Group Fitness Schedule: March 20 - April 22, 2017

No classes Saturday, April 1 (Sweetness 5K Race)

or Friday-Monday, April 14-17 (Easter Break)

Free Classes for Members and Students

Class Time	Monday	Tuesday	Wednesday	Thursday	Saturday
6:00 AM / 6:15 AM	Cardio & Sculpt, 6:15 AM, Bessie (Studio C)	Afro-Aerobics, 6:00 AM, Nana Ya (Studio C)		Afro-Aerobics, 6:00 AM, Nana Ya (Studio C)	9:30 AM
5:30 PM	Cycle, 5:30 PM, Joyce (Studio B)	Cardio Mix, 5:30 PM, Gwen B. (Studio C)	Cycle, 5:30 PM, Joyce (Studio B)	Cardio Mix, 5:30 PM, Gwen B. (Studio C)	Cardio Challenge, 9:30 AM, Various Instructors (Studio C)
	Muscle Work, 5:30 PM, Fay (Studio C)	Line Dancing, 5:30 PM, Glenda (Studio D)	Muscle Work, 5:30 PM, Fay (Studio C)		
6:30 PM	Step, 6:30 PM, Cliff (Studio C)	Cycle, 6:30 PM, L (Studio B)	Step, 6:30 PM, Cliff (Studio C)	Cycle, 6:30 PM, L (Studio B)	10:30 AM
	<i>All Group Fitness Classes are FREE, except for Premium Class listed below!</i>	Step, 6:30 PM, Solo (Studio C)		Step, 6:30 PM, Solo (Studio C)	Zumba, 10:30 AM, Khadejah Nobles (Studio C)
			Zumba, 6:30 PM, Emerald (Studio D)	Zumba, 6:30 PM, Emerald (Studio D)	
7:30 PM	Core Fit, 7:20 PM, Cliff (Studio C)	Power Fit, 7:30 PM, Ahmad (Studio C)	Core Fit, 7:20 PM, Cliff (Studio C)	Power Fit, 7:30 PM, Ahmad (Studio C)	
	Sculpt & Tone, 7:30 PM, Montra (Studio A)		Sculpt & Tone, 7:30 PM, Montra (Studio A)		



PREMIUM CLASS - REGISTRATION & FEE REQUIRED:

Sat 12:00 Noon

Tiger SPEED Youth Sports Conditioning (Strength, Power, Explosiveness, Endurance, Discipline), Taught by Montra, Studio C

For more information, contact amy.riggins@jsums.edu or 601-979-1647