

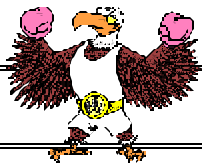




Group Exercise Schedule

October 24, 2005 - December 8, 2005





	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Pilates Kelly	6:30-7:15am TN 205			5:00-5:45pm Mortimer		
CardioKickboxing Amanda/Kelly	7:30-8:30pm TS Multipurpose Rm	8:30-9:30pm TN 201				
Jock Jams Hilary	8:30-9:15pm TS Multipurpose Rm					
Kickin' Karate Emily	9:30-10:00pm TN 201		9:30-10:00pm TN 201			
Butt N Gutt Shana		5:00-5:45pm Mortimer		8:00-8:45pm McLean		
Tone&Sculpt Below the Belt Jenny S.& Lanie		8:00-8:45pm Mortimer				8:00-8:45pm TS Multipurpose Rm
Mixer (Steps & Cardio) Jenny B.& Lindsey		7:00-8:00pm Mortimer				6:15-7:00 TS Multipurpose Rm
Power Yoga Allison			2:30-3:15pm Mortimer	6:00-7:00pm Mortimer		
TKO-Total Knock Out Shana			6:00-7:00pm Mortimer			
HydroTone Kristen			7:00-8:00pm Pool			7:00-8:00pm Pool
Boot Camp Hilary				7:30-8:15pm TN 201	12:00-1:00pm TS Multipurpose Rm	

All Group Exercise classes are cancelled Wednesday, 11/23 through Sunday, 11/27 due to Thanksgiving Break

Contact us at www.brockport.edu/recservices or 395-2681

Division of Enrollment Management and Student Affairs



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