









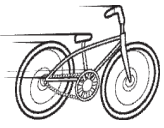


The College at Brockport Recreational Services

Group Exercise Schedule

May 26th - July 26th, 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise				8:15 AM Jamie Yoga - MP			
			9:00 AM Anthony Circuit to Success CR		9:00 AM Anthony Circuit to Success CR	8:30 AM Meghan Butt N Gutt - MP	
			11:30 AM Meghan H.A.B.I.T. - MP				1:00PM Jamie Lead the Way, Tots!!! - MP
		4:30 PM Jamie & Anthony Boot Camp - MP					4:15PM Meghan Butt N Gutt - MP ** 30 Minutes **
		6:30 Jamie Pilates - MP		5:30 PM Meghan H.A.B.I.T. - MP		4:00 PM Jamie Yoga - MP	
							
X-Biking				3:15 PM Jamie X - CR			
		5:30 PM Jamie X - CR				5:30 PM Jamie X - CR	

Classes are free of charge and open to all students and Recreational Services Members

To help ensure a safe and proper workout please arrive at least 5 minutes before class is scheduled to begin

Please bring water, towel, and appropriate footwear to all classes

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

To become a member of our Group Exercise Angel Group
Contact Jamie at jseco1@brockport.edu



MP - Multi-Purpose Room
CR - Cardio Room

All X-Biking classes are located in the Cardio Room Lower level of Tuttle North and are 30 minutes long

Classes are cancelled July 3rd after 4:00PM and will return as scheduled on July 6th

All classes are 60 minutes long, unless shaded.
Shaded classes are 45 minutes long!!!