





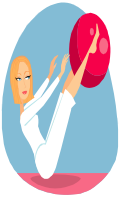
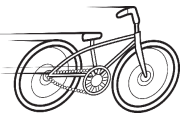



The College at BROCKPORT Recreational Services

Group Exercise Schedule

October 25th - December 11th, 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Group Exercise					8:15 - 9:15AM Anthony Power Hour - MT		
					11:00 - 12:00PM Anthony Circuit to Success MT		12:15 - 1:00PM Lisa Fit2O - Pool
			4:00 - 4:45PM Melissa & Kirsten Team Stretch - MT	3:15 - 4:15PM Anthony Power Hour - MT 4:00 - 4:45PM Sam Cardio Jam - H/G	4:00 - 4:30PM Kirsten Body Blitz - MT 4:30 - 5:00PM Kirsten Fab Abs - MT		4:00 - 5:00PM Jamie Yogalates - TH
	5:00 - 5:45PM Jamie Yoga - TH					5:30 - 6:15PM Hilary TurboKick™ - H/G	
			7:00 - 8:00PM Emily TurboKick™ - H/G	6:00 - 6:45PM Jen Fit2O - Pool	6:30 - 7:30PM Sam Cardio Jam - h/G		
	6:30 - 7:30PM Sam Cardio Jam - B/D	6:30 - 7:30PM Emily TurboKick™ - H/G	8:00 - 8:30PM Melissa Ab Jam - MT				
		7:30 - 8:00PM Emily Total Body - H/G	8:30 - 9:15PM Melissa Solo Stretch - MT				
			9:30 - 10:30PM Jamie Pilates - MT				
	X-Biking	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				10:00 AM Hilary X - CR			3:15 PM Jamie X - CR
4:00 PM Jamie X - CR		4:00 PM Hilary XX - CR		3:15 PM Hilary XX - CR			
			5:15 PM Jamie XX - CR		7:00PM Hilary 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 jsec01@brockport.edu



MT - Mortimer
CR - Cardio Room
H/G - Harmon/Gordon
B/D - Benedict/Dobson
Pool - Tuttle North Pool
TH - Town Homes (Community Center Building 9)

**There will be NO regular Trixter X-Biking held on October 25th - October 27th, 2009
Trixter classes will begin on October 28th, 2009**

Please pick up a Trixter pass from the HUB Office
All X-Biking classes are located in the Cardio Room
Lower level of Tuttle North and are 30 minutes long
