

OBU RAWC GROUP FITNESS

MONDAY

6:00 AM—CROSS TRAINING—HUNTER
7:00 AM—PILATES—LAURA
9:15 AM—AQUA ACTION—NANCY
10:10 AM—AQUATIC THERAPY—NANCY
1:30 PM—WALK/JOG/RUN—NANCY
2:00 PM—WATER AEROBICS—KERRI
4:00 PM—CROSS TRAINING—HUNTER
7:30 PM—CROSS TRAINING—HUNTER

TUESDAY

9:45 AM—BEGINNING PILATES—KERRI
9:45 AM—NO IMPACT H2O—NANCY
12:15 PM—THE BEAST—COREY
4:00 PM—CROSS TRAINING—HUNTER
5:15 PM—BAIYANG DAMOA GONG—DR. CHEN
5:30 PM—CIRCUIT TRAINING—HUNTER
6:00 PM—TOTAL BODY CIRCUIT—LYDIA
6:30 PM—ZUMBA—DAWN
7:00—CORE—KYLEE
7:30—BODY SCULPT—KYLEE
7:30 PM—CROSS TRAINING—HUNTER
8:00 PM—PILATES—LAURA

WEDNESDAY

6:00 AM—CROSS TRAINING—HUNTER
7:00 AM—PILATES—LAURA
9:00 AM—INDOOR CYCLING—DEMITA
9:15 AM—WATER FITNESS—KERRI
2:00 PM—WATER AEROBICS—KERRI
4:00 PM—CROSS TRAINING—HUNTER
7:30 PM—CROSS TRAINING—HUNTER

THURSDAY

9:45 AM—BEGINNING PILATES—KERRI
9:45 AM—NO IMPACT H2O—NANCY
10:30 AM—AQUATIC THERAPY—NANCY
12:15 PM—THE BEAST—COREY
1:30 PM—WALK/JOG/RUN—NANCY
4:00 PM—CROSS TRAINING—HUNTER
5:15 PM—BAIYANG DAMOA GONG—DR. CHEN
5:30 PM—CIRCUIT TRAINING—HUNTER
6:00 PM—TOTAL BODY CIRCUIT—LYDIA
6:30 PM—ZUMBA—DAWN
7:00 PM—CORE—KYLEE
7:30 PM—BODY SCULPT—KYLEE
7:30 PM—CROSS TRAINING—HUNTER

FRIDAY

6:00 AM—CROSS TRAINING—HUNTER
9:00 AM—KICKBOXING—DEMITA
9:15 AM—WATER FITNESS—KERRI

SATURDAY

8:30 AM—PILATES—KYLEE

SUNDAY

4:30 PM—BAIYANG DAMOA GONG—DR. CHEN

SPRING SCHEDULE

FEB 10 — MAY 2

