AMERICAN
RECREATIONAL
SPORTS & FITNESS

FALL 2013 GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	**Cycle** 7:15-8:15 Jacobs / Kaitlyn		**Cycle** 7:00-8:00 Jacobs / Kelly				
9:00am			**Relaxation Yoga** 9:00-10:00 Cassell / AB Brigid				
10:00am					**Yoga** 10:30-11:30 Cassell AB / Amy	**Zumba** 10:00-11:00 Jacobs / Lauren	
12:00pm	**IP Yoga** 12:00-1:00 Cassell A / Eva	**Sculpt & Tone** 12:00-1:00 Cassell A / Jacquelyne	**IP Yoga** 12:00-1:00 Cassell A / Eva	**Pilates** 12:00-1:00 Cassell A / Julie	**Hard Core Abs** 12:30-1:00 Cassell AB / Jacquelyne		**Yoga** 12:00-1:00 Jacobs / Jin
		IP Tai Chi 12:00-1:00 Jacobs / Nick	**Cycle & Tone** 12:00-1:00 Jacobs / Katy	**IP Tai Chi** 12:00-1:00 Jacobs / Nick			
2:00pm				**Boot Camp** 2:30-3:30 Cassell AB / Megan	**Cycle** 2:30-3:30 Jacobs / Kaitlyn		
3:00pm		**Boot Camp** 3:30-4:30 Cassell AB / Megan			Scan below to see our schedule online!		
4:00pm	**Pilates** 4:00-5:00 Cassell AB / Leah		**Hard Core Abs** 4:30-5:00 Cassell AB / Scottie	**Cycle & Hard Core Abs** 4:00-5:00 Jacobs / Katy			
5:00pm		**Zumba** 5:30-6:30 Cassell A / Lauren		**Kickboxing & Core** 5:30-6:30 Cassell AB / Julie			
	Power Hour Circut 5:30-6:30 Cassell B / Scottie	**IP Yoga** 5:30-6:30 Jacobs / Christina	**Warrior Workout** 5:30-6:30 Cassell B / Catherine	**IP Yoga** 5:30-6:30 Jacobs / Christina			
7:00pm	**Zumba** 7:00-8:00 Cassell AB / Abigail	**Calorie Killer** 6:45-7:45 Cassell AB / Julie	**Belly Dance** 7:00-8:00 Cassell AB / Abigail	**Yoga** 7:00-8:00 Cassell AB / Julie			
8:00pm	**IP Karate** 8:30-9:30 Cassell AB / Elias	**Zumba** 8:15-9:15 Cassell AB / Zuzu	**IP Karate** 8:30-9:30 Cassell AB / Elias	**Zumba** 8:15-9:15 Cassell AB / Zuzu			

Group Exercise Fees:

Unlimited Semester Pass: $65
Single Class Pass: $7

Important Dates:

Schedule: Monday, 9/9 - Sunday, 12/8
No classes: Friday, 10/11 - Sunday, 10/13 (Fall Break)
and Wednesday 11/27 - Sunday 12/1 (Thanksgiving)

For more information:

Contact Jacquelyne Chantry (chantry@american.edu)

AU Recfit @AURECFIT