Check out our new classes: Sunrise Yoga, Kickbox & Tone, Tabata & Water Aerobics!



## **SUMMER 2014 GROUP EXERCISE SCHEDULE \*SESSION 1\***

Monday, May 19th - Friday, June 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	
Early Morning Classes		Sunrise Outdoor Yoga 7:00-8:00 Amphitheater/Agni Check-in at Cassell		Cycle 7:00-8:00 Jacobs/Kelly	Sunrise Outdoor Yoga 7:00-8:00 Amphitheater/Brigid Check-in at Cassell	Group Exercise Fees:  •Unlimited Summer Pass: \$50 (applicable to both sessions)  •Single Class Pass: \$7 Recreational Sports & Fitness Members Only  Important Dates:  •Session 1: May 19th - June 27th  •Session 2: June 30th - August 8th  •Classes will not meet: Monday, May 26th (Memorial Day) and Friday, July 4th  •Stay tuned for the summer session 2 schedule!  For more information:
Lunchtime Classes	Yoga 12:00-1:00 Cassell/Eva	Sculpt & Tone 12:00-1:00 Cassell/TBD	Cycle 12:00-1:00 Jacobs/Mary	Tabata 12:00-12:30 Cassell/Jacquelyne Hard Core Abs 12:30-1:00	<b>Pilates</b> 12:00-1:00 Cassell/Jacquelyne	
Afternoon & Evening Classes	Kickbox & Tone 5:30-6:30 Cassell/Melissa	Cycle 5:30-6:30 Jacobs/Catherine	Power Hour 5:30-6:30 Cassell/Julie & Michelle	Yoga 5:30-6:30 Cassell/Durga	Sun and	
	Pilates 6:45-7:45 Cassell/Melissa	<b>Piloxing</b> 6:45-7:45 Jacobs/Michelle	Yoga Flow 6:45-7:45 Cassell/John	Zumba 6:45-7:45 Cassell/Zuzu	AMERICAN  RECREATIONAL SPORTS & FITNESS	<ul><li>Contact Jacquelyne Chantry (chantry@american.edu)</li></ul>

<sup>\*</sup>Classes in blue are located in the Cassell Fitness Center, classes in red are located in the Jacobs Fitness Center, classes in green are loacted in the Woods-Brown Amphitheater\*

\*New this summer!\* Water Aerobics will be offered at an additional fee. Members can sign up for \$50 and non-members for \$75. Classes will be held on Tuesdays & Thursdays from 12:00-1:00 in the Reeves Aquatics Center. For more information please contact Jacquelyne Chantry (chantry@american.edu)



