

Group Fitness Schedule - February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Body Attack 9-10am Butts N' Guts 10-11am T'ai Chi 12:05-12:55pm	2 Yoga 12:25-1:25pm Washboard Abs 5-6pm	3 Kickboxing 9:15-10:15am Body Sculpt 10:15-11:15am	4 Body Attack 11:15-12:15 Butts N' Guts 12:15-1:15
5	6 Washboard Abs 5-6pm Body Attack 6-7pm Ab Attack 7-8pm	7 Washboard Abs 5:30-6:30pm Cardio Heat 7-8pm	8 Body Attack 9-10am Butts N' Guts 10-11am T'ai Chi 12:05-12:55pm	9 Yoga 12:25-1:25pm Washboard Abs 5-6pm	10 Kickboxing 9:15-10:15am Body Sculpt 10:15-11:15am	11 Body Attack 11:15-12:15 Butts N' Guts 12:15-1:15
12	13 Washboard Abs 5-6pm Body Attack 6-7pm Ab Attack 7-8pm	14 Washboard Abs 5:30-6:30pm Cardio Heat 7-8pm	15 Body Attack 9-10am Butts N' Guts 10-11am T'ai Chi 12:05-12:55pm Kickboxing 5-6pm	16 Yoga 12:25-1:25pm Washboard Abs 5-6pm	17	18
19	20 Washboard Abs 5-6pm Body Attack 6-7pm Ab Attack 7-8pm	21 Washboard Abs 5:30-6:30pm Cardio Heat 7-8pm	22 Body Attack 9-10am Butts N' Guts 10-11am T'ai Chi 12:05-12:55pm Kickboxing 5-6pm	23 Yoga 12:25-1:25pm Washboard Abs 5-6pm	24	25
26	27 Washboard Abs 5-6pm Body Attack 6-7pm Ab Attack 7-8pm	28 Washboard Abs 5:30-6:30pm Cardio Heat 7-8pm	29 Body Attack 9-10am Butts N' Guts 10-11am T'ai Chi 12:05-12:55pm			

All classes are held in ShipRec Room 107.

The class schedule, class descriptions, and group fitness policies are posted at: www.ship.edu/recreation.