

Group Fitness Schedule – NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ab Attack 5-6pm Kickboxing 6-7pm	3 Pilates 9-10am Abs/Lower body 4-5pm	4 Ab Attack 4-5pm	5 Cardio Kickboxing 4:30-5:30pm	6 Pilates 3:30-4:30pm	7 Abs 11:15-11:45am
8	9 Guts & Butts 5-6pm Kickboxing 6-7pm	10 Pilates 9-10am Cardio/Toning 4-5pm	11 Ab Attack 5-6pm Pilates 6-7pm Zumba 7-8pm	12 Cardio Kickboxing 4:30-5:30pm	13 Abs/Upper Body 1-2pm Pilates 3:30-4:30pm	14 Abs 11:15-11:45am
15	16 Abs/Upper Body 5-6pm Kickboxing 6-7pm	17 Pilates 9-10am Ab Attack 4-5pm	18 Cardio/Toning 5-6pm Pilates 6-7pm Zumba 7-8pm	19 Cardio Kickboxing 4:30-5:30pm	20 Cardio/Abs 1-2pm Pilates 3:30-4:30pm	21 Abs 11:15-11:45am
22	23 Ab Attack 5-6pm Kickboxing 6-7pm	24 Pilates 9-10am	25 THANKSGIVING BREAK	26 	27 THANKSGIVING BREAK	28 THANKSGIVING BREAK
29 THANKSGIVING BREAK	30 Cardio/Toning 5-6pm Kickboxing 6-7pm					

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