

Group Fitness Schedule – OCTOBER 2009

(Updated 10/26)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26 Kickboxing 6-7 Zumba 7-8	27	28 Ab Attack 5-6 Pilates 6-7 Zumba 7-8	29 Cardio Kickboxing 4:30 – 5:30	30 Ab Attack 1-2 Pilates 3:30-4:30	31 Abs 11:15-11:45

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