### Group Fitness Schedule

#### January 27—February 7

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>27</td>
<td>Yoga &amp; Meditation 3:45-5pm</td>
<td>28</td>
<td>29</td>
<td>30</td>
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<tr>
<td></td>
<td>Washboard Abs 5-6pm</td>
<td>Cardio Zumba (Ally) 7pm-8pm</td>
<td>Yoga Revival 3:45-5pm</td>
<td>31 Cardio Zumba (Kelly) 2-3pm</td>
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<tr>
<td></td>
<td>Butts &amp; Guts 6-7pm</td>
<td>Body Attack 8pm-9pm</td>
<td>Washboard Abs 5-6pm</td>
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<tr>
<td></td>
<td>Cardio Zumba (Kelly) 8-9pm</td>
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<th>5</th>
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All classes are held in ShipRec Room 107.
The class schedule, class descriptions, and group fitness policies are posted at:  www.ship.edu/recreation.