

June 23 – August 3, 2008

Group Exercise Schedule

Summer Session I

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.		SUNRISE CYCLE Alex (CS) 6:15–7:15 a.m.	VINYASA YOGA Kristie (GX) 6:15–7:15 a.m.	CYCLE 60 Keely (CS) 6:15–7:15 a.m.	MAT PILATES Caitlin (GX) 6:15–7:15 a.m.	SUNRISE CYCLE Sarah G. (CS) 6:15–7:15 a.m.	
9 a.m.			CYCLE 60 Jessica (CS) 9–10 a.m.		CYCLE 60 Keely (CS) 9–10 a.m.		
12 p.m.		CYCLE EXTREME Caroline (CS) 12–1 p.m.	MAT PILATES Caitlin (GX) 12–1 p.m.	CYCLE EXTREME Caroline (CS) 12–1 p.m.	MAT PILATES Aubrey (GX) 12–1 p.m.	CYCLE 45 Caroline (CS) 12:15–1 p.m.	CYCLE EXTREME Caroline (CS) 12–1 p.m.
4 p.m.			TURBOKICK Elisabeth (DS) 4–5 p.m. CORE CONDITIONING Caroline (GX) 4:30–5 p.m.	BUTTS 'N' GUTS Leslie (GX) 4:30–5 p.m.	CORE CONDITIONING Caroline (GX) 4:30–5 p.m.		
5 p.m.	STEP I/II Portia (DS) 5:15–6:15 p.m. MAT PILATES Aubrey (CS) 5:15–6:15 p.m.	STEP III Elisabeth (DS) 5–5:50 p.m. HEART RATE MONITOR ORIENTATION Leslie (CS) 5–5:15 p.m. CYCLE HEART RATE Leslie (CS) 5:15–6:15 p.m. FITNESS YOGA Sarah (GX) 5:15–6:15 p.m.	CYCLE 60 Keely (CS) 5:15–6:15 p.m. PUMP IT UP Caroline (GX) 5:15–6:15 p.m.	CYCLE 60 Kendall (CS) 5:15–6:15 p.m. STEP 'N' SCULPT Leslie (GX) 5:15–6:15 p.m. FITNESS YOGA Sarah (DS) 5:15–6:15 p.m.	PUMP N SCULPT Portia (DS) 5:15–6:15 p.m. PUMP IT UP Caroline (GX) 5:15–6:15 p.m. CYCLE HEART RATE Jessica (CS) 5:15–6:15 p.m.	ABS EXPRESS Jessica (GX) 5:00–5:15 p.m. CYCLE 60 Jessica (CS) 5:15–6:15 p.m. BOSU Caitlin (GX) 5:15–6 p.m.	
6 p.m.	WEEKEND WARRIOR YOGA Kristie (DS) 6:30–7:30 p.m. TOTAL BODY TONING Jessica (GX) 6:30–7:30 p.m.	ABS EXPRESS Caitlin (DS) 6–6:15 p.m. PUMP N SCULPT Kendall (DS) 6:30–7:30 p.m. ZUMBA Karen (GX) 6:30–7:30 p.m. CYCLE 45 Caitlin (CS) 6:30–7:15 p.m.	HEAT Megan (GX) 6:30–7:30 p.m. ROCK OUT WORKOUT Alex (CS) 6:30–7:30 p.m.	GLIDEATOR Kendall (GX) 6:30–7:30 p.m. CYCLE 45 Megan (CS) 6:30–7:15 p.m.	CYCLE 45 Alex (CS) 6:30–7:15 p.m. ZUMBA Karen (GX) 6:30–7:30 p.m.		
7 p.m.	CYCLE 30 Jessica (CS) 7:45–8:15 p.m.		PILATES TONE Lissie (GX) 7:45–8:45 p.m.	VINYASA YOGA Kristie (GX) 7:45–8:45 p.m.	PILATES TONE Lissie (GX) 7:45–8:45 p.m.		
8 p.m.			PILATES TONE Lissie (GX) 8–9 p.m.		PILATES TONE Lissie (GX) 8–9 p.m.		

NOTE: Classes and times are subject to changes or cancellation

LOCATION KEY: Group Exercise Studio - (GX) Dance Studio - (DS) Cycling Studio - (CS)



Check us out online at:
campusrecreation.ucdavis.edu