

March 2010

SPORTS AND FITNESS CENTER

Power Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 0600 STEVEN 1700 JOHN	2	3 0600 STEVEN 1700 LAURA	4 1200 Steph G 1700 John	5 0600 STEVEN	6 0900 Jenny
7	8 0600 STEVEN 1700 JOHN	9	10 0600 STEVEN 1700 LAURA	11 1200 STEPH G. 1700 JOHN	12 0600 STEVEN	13 0900 DAWN
14	15 0600 JOHN 1700 JOHN	16	17 0600 JOHN 1700 LAURA	18 1200 STEPH G. 1700 JOHN	19 0600 JOHN	20 0900 JENNY
21	22 0600 JOHN 1700 JOHN	23	24 0600 JOHN 1700 LAURA	25 1200 STEPH G. 1700 JOHN	26 0600 JOHN	27 0900 JENNY
28	29 0600 STEVEN 1700 JOHN	30	31 0600 STEVEN 1700 LAURA			
						All Power Cycling Classes are Fitness Improvement Programs (FIP)

THIS CLASS IS 45 MINUTES LONG AND IS GREAT FOR ALL YOUR CARDIO NEEDS. IT IS TAUGHT IN THE SPORTS AND FITNESS CENTER'S POWER CYCLING ROOM. THIS CLASS WILL HELP RAISE YOUR METABOLISM WHILE INCREASING YOUR FOCUS AND ENDURANCE. THIS IS A HIGH ENERGY CLASS TO HELP MOTIVATE THE STUDENTS.



CLASSES OR INSTRUCTORS ARE SUBJECT TO CHANGE

