JULY 2010

SPORTS AND FITNESS CENTER

Power Cycling

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 FAMILY DAY	3 0900 JENNY
4 	5 FAMILY DAY	6 1700 KARA	7 1200 STEVEN 1700 LAURA	8 1700 JOHN	9	10
11	12 1700 JOHN	13 1700 KARA	14 1200 STEVEN 1700 LAURA	15 1700 JOHN	16	17 0900 JENNY
18	19 1700 JOHN	20 1700 KARA	21 1200 STEVEN 1700 LAURA	22 1700 JOHN	23	24 0900 JENNY
25	26 1700 JOHN	27 1700 KARA	28 1200 STEVEN 1700 LAURA	29 1700 JOHN	30	31 0900 JENNY
						FIP: FITNESS IMPROVE- MENT PROGRAM

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