























**Effective: SATURDAY May 5th 2012*

Schedule and Class Descriptions Online www.rec.nova.edu/fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING *note time differences	 SPIN Express ★ *6:45-7:30am Maria	 ZENYOGA ★ *7:00-8:00am Marilyn Studio 3	 SPIN Express ★ *6:15-7:00am Jill	 ZENYOGA ★ *7:00-8:00am Marilyn Studio 3	 SPIN Express ★ *6:15-7:00am Maria + Marcela		New to Group Exercise? Try a Beginner Friendly or Express class! Just look for: ★
9:00-10:10am		 + Abs ★ Lourdes		 + Abs ★ Lourdes		Body Sculpt Lourdes ★ Studio 3	
LUNCH HOUR *note time differences	 Betsy ★ *12:00-1:00pm Studio 2 Body Sculpt ★ Barbie Studio 3 *12:30-1:30pm YOGA Amy Studio 1 *12:30-1:30pm	 SPIN Express ★ Nancy *12:30-1:10pm	YOGA Amy Studio 1 *12:00-1:00pm	 SPIN Express ★ Nancy *12:30-1:10pm	 SPIN + Abs ★ Lourdes *12:00-1:00pm	 Lourdes *10:15-11:15am	
		NEW: RIPPED Arms + Abs ★ *1:15-2pm Nancy Studio 3	 Lisette *12:30-1:30pm	NEW: RIPPED Arms + Abs ★ *1:15-2pm Nancy Studio 3	Body Sculpt ★ Barbie Studio 3 *12:30-1:30pm	YOGA FUSION *11:30-12:30pm Marilyn Studio 3	
4:15-5:15pm *note time differences	Body Sculpt Lourdes Studio 3	 + Abs Maria	 Lourdes	 Marcela Killer Abs *4:55-5:25pm Maria Studio 3	F.I.T Lisette Studio 3		Killer Abs Barbie *4:30-4:55pm Studio 3
5:30-6:30pm *note time differences	 Lourdes YOGA ★ Marilyn Studio 1 TABATA Marcela *5:30-6:15pm Studio 3	 Lisette YOGA Patricia Studio 1 Cardio Step Maria Studio 3	 Jess Studio 2 BOSU Pump! Lourdes Studio 3	Pilates ★ Jade Studio 1 jazzercise ★ Kathy Studio 2 POWER Sculpt Maria Studio 3	 Lisette Hip Hop ★ Maren Studio 3		Body Sculpt ★ Barbie *5:00-6:00pm Studio 3
5:30-6:30pm			AQUA BOOTCAMP Nancy Pool	Xtreme Fitness Outdoor BB court	AQUA BOOTCAMP Nancy Pool		
6:45-7:45pm *note time differences	Hip Hop Maria Studio 3	Circuit Blast! Maria + Megan Studio 3	F.I.T Jess Studio 3	 Greta ★ Studio 3 *7:00-8:00pm			
8:00-9:00pm		 Greta ★ Studio 3					

PLEASE READ TO AVOID ANY CONFUSION: *Please be EARLY/ON TIME to class for appropriate warm-up, and to avoid distractions. YOU WILL BE ASKED TO LEAVE IF YOU ARE LATE! Participation Policy: 3 participants are required to conduct a class. Schedule is subject to change EACH MONTH based on class participation. SPINNING SIGN UP: In order to participate in a SPIN class, you must sign-up 30 minutes before the class starts at the Service Desk. NSU ID, towel and water are required to ride!! You must be on your bike within 5 minutes prior to class or your bike will be forfeited. No cell phones, iPods, or other devices allowed. *Please note: Spin classes are 45-50 min in length with 1 hour set for bike set-up, break-down, and clean-up. ALL SPIN CLASSES IN STUDIO 2, unless specified as other. SPIN SPEED PASS: Avoid standing in line 30 minutes early and reserve your spot for \$2. Only 10 spots reserved per class. Call ahead *954-262-7301 (credit card) or stop by the service desk (cash or credit card) to reserve your spot! (RESERVATIONS ONLY ON THE DAY OF THE CLASS). Dress Code/Devices: Workout attire must fully cover the mid-section. Proper athletic shoes required for all group exercises excluding mind body and aqua. No cell phones, iPods, or other devices allowed during class!! University Holidays: All group exercise classes cancelled for University holidays.