

Winter Group Fitness Master Schedule

March 24, 2008 – April 23, 2008

Class Descriptions Online: www.rec.nova.edu/fitness

Please Note: To Enter The RecPlex You Must Have Your NSU ID And A Workout Towel

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
6:15-7:00am	SPIN Katie Studio 2	SPIN Jill Studio 2	SPIN Jill Studio 2	SPIN Katie Studio 2			
9:45-10:45 am						SPIN Lourdes Studio 2	
						Yoga Raechel *11am-12pm Studio 1	
12:00-1:00pm	Yoga Jeanne Studio 1 Body Sculpt Barbie Studio 3	Yoga Jean-Marc Studio 1	Yoga Beth Studio 1 SPIN + Abs Lourdes Studio 2 Body Sculpt Barbie Studio 3	Yoga Jeanne Studio 1	Yoga Beth Studio 1 SPIN + Abs Maria Studio 2		
4:15-5:15pm	Body Sculpt Lourdes Studio 2	SPIN *4:15-5:00 Lourdes Studio 2		Body Sculpt *4:00-4:55 Lisette Studio 3			
4:30-5:25pm	KickBox and Core Lisette Studio 3		SPIN *4:30-5:15 Maria Studio 2	SPIN *5:00-5:45 Katie Studio 2	Body Sculpt Maria Studio 3		
5:30-6:25pm	Yoga Jeanne Studio 1 SPIN *5:30-6:15 Lourdes Studio 2 Cardio Step Jess Studio 3	Pilates Sculpt Lourdes Studio 2 Killer Abs *5:00-5:25 Nick Studio 3 Cardio Sculpt Nick Studio 3	Yoga Jeanne Studio 1 CIRCUIT BLAST! Maria and Jess Studio 3	Yoga Raechel Studio 1 Killer Abs *5:00-5:25 Nick Studio 3 Cardio Sculpt Nick Studio 3	SPIN Katie Studio 2 Killer Abs *5:30-5:55 Maria Studio 3 ZUMBA Greta *6:00-7:00 Studio 3		SPIN *5:00-6:00 Malerie Studio 2
6:30-7:25pm	SPIN *6:30-7:15 Jill Studio 2 Hip-Hop Maria Studio 3	SPIN *6:45-7:30 Aracelly Studio 2 Kickbox and Core Gail Studio 3	Killer Abs *6:30-7:00 Maria Studio 2 ZUMBA *6:30-7:30 Jess Studio 3	SPIN *6:00-6:45 Maria Studio 2 Hip Hop *6:45-7:30 Aracelly Studio 3			
7:30-8:00pm And 8:00-9:00pm	Killer Abs *7:30-8:00 Maria Studio 3	ZUMBA *8:00-9:00 Greta Studio 3		Killer Abs *7:30-8:00 Aracelly Studio 3 SPIN *8:00-8:45 Malerie Studio 2			

Participation Policy: 3 or more participants are required to conduct a class. Schedule is subject to change based on participation.

SPINNING Reservations: To take 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. ENJOY THE RIDE!

Dress Code: Workout attire must fully cover the mid-section. Please review RecPlex Policies & Procedures Section D regarding appropriate workout attire by clicking on the Recreation Complex button off the main rec.nova.edu site.

University Holidays: The RecPlex and Group Fitness classes will be revised on University closings and holidays. Please check online for specific holiday hours and class schedules as the schedule progresses.