

GROUP X

group fitness schedule

FALL 2009

CLAUDE B. PENNINGTON STUDENT ACTIVITY CENTER
RECREATIONAL SPORTS & WELLNESS - SOUTHEASTERN LOUISIANA UNIVERSITY

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---------|-----------------------|------------------------|-----------------|-----------------|----------------|------------------------|--------------------------|-----------------|----------------|--------|
| | RM 225 | RM 228 | RM 225 | RM 228 | RM 225 | RM 228 | RM 225 | RM 228 | RM 225 | RM 228 |
| 6:00AM | | | | TAI CHI Rob | SPIN Emily | | | TAI CHI Rob | | |
| 9:00AM | YOGA Bianca | | | | | | | | | |
| 9:30AM | | | STRETCH Jane | | | | STRETCH Jane | | | |
| 11:00AM | | | | | YOGA Bianca | | | | | |
| 5:00PM | BOOT CAMP Janee | TAI CHI Rob | | STEP Rachael | TAI CHI Rob | ABS / BACK Katie | | STEP Rachael | TAI CHI Rob | |
| 6:00PM | SPIN Emily | ABS / BACK Katie | SPIN Amber | YOGA Bianca | SPIN Amber | BOOT CAMP Janee | SPIN Megan | YOGA Bianca | | |
| 7:15PM | | | | | | | LOVE UR LEGS Megan | | | |

water **AEROBICS**

* located in the KHS Building! *

Mon, Tu, Wed, Thurs 4:00pm
Tues, Wed, Thurs 5:15pm

STUDENT ACTIVITY CENTER

FACILITY HOURS

MON—THURS

5:30am - 10:00pm

FRIDAY

5:30am - 7:00pm

SATURDAY

CLOSED

SUNDAY

4:00pm - 10:00pm

KINESIOLOGY BUILDING

POOL HOURS

MON—FRI

6:00am - 7:30am

MON—THURS

6:15pm - 9:00pm

FRIDAY

4:00pm - 7:00pm

SUNDAY

4:00am - 9:00pm

NOTE: THERE **MUST** BE A MINIMUM OF 5 PARTICIPANTS FOR THE CLASS TO BE CONDUCTED.