

GROUP EXERCISE

FALL 09 (AUG.31- DEC.4)

Monday

11:30a-12:30p Spin + Tone

w/ Katy

4:00-5:00p Kickboxing

w/ Nino

9:30-10:15p Spinning

w/ Sarah

Tuesday

8:45-9:45a Bootcamp

w/ Robin

6:30-7:30p TurboKick

w/ Rebecca

7:30-7:45p Quick Core

w/ Rebecca

8:15-9:15pm Zumba

w/ Priscilla

Wednesday

11:30a-12:30p Spin + Tone

w/ Katy

12:45-1:45p Tae Bo

w/ Meg

Thursday

4:00-5:00p Kickboxing

w/ Nino

6:30-7:30p TurboKick

w/ Rebecca

7:30-7:45p Quick Core

w/ Rebecca

8:15-9:15pm Zumba

w/ Leah

9:30-10:15p Spinning

w/ Sarah

Friday

8:45-9:45a Bootcamp

w/ Robin

11:30-12:30p Pilates

w/ Leah

3:30-4:30p Old School

w/ Robin

Sunday

12:00-1:00p Yoga

w/ Steve

4:00-4:55p TurboKick

w/ Erin

5:00-5:55p Pilates

w/ Leah

SIGN UP TODAY AT THE FRONT DESK OF JACOBS FITNESS CENTER!
Class is limited to 30 Participants; Spinning classes have a 12-person limit
Unlimited classes for \$65 a semester; or \$7 a class
No class 9/5-7, 10/16-18, and 11/25-29

