

**FREE CLASSES for Spring Break (3/12-3/18)**

All Group Fitness classes are FREE!

Non-Members may enter the SRC for only \$3/day!

<b>Sunday, March 12 (SRC Hours 9:00AM-7:00PM)</b>			
Spin	5:00-6:00PM	SRC 252	Molly Su
<b>Monday, March 13 (SRC Hours 5:30AM-7:00PM)</b>			
Spin	6:30-7:20AM	SRC 252	Joanne
CrossFit	11:30-12:30PM	Smith 21	Matt A
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
Gravity	12:00-12:50PM	SRC 252	Joanne
Pilates	4:00-4:50PM	SRC 256	Jenn
Barre Strength	5:00-5:50PM	SRC 256	Jenn
Core Blast	5:15-5:45PM	SRC 245	Molly Su
Yoga	6:00-6:50PM	SRC 256	Molly Su
Zumba	6:00-6:50PM	SRC 245	Kat
<b>Tuesday, March 14 (SRC Hours 5:30AM-7:00PM)</b>			
Kettlebell Sunrise	6:00-6:50AM	SRC 256	Karly
CrossFit	11:30-12:30PM	Smith 21	Pete
TRX	12:00-12:50PM	SRC 245	Joanne
Step and Core	12:00-1:00PM	Smith 215	Megan
Yoga	12:05-1:00PM	Smith 115	Deb
PGB	4:00-4:50PM	SRC 245	Melissa
Insanity	5:00-5:50PM	SRC 245	Jenn
Zumba	5:00-5:50PM	SRC 256	Kat
Spin	5:00-5:45PM	SRC 252	Molly Su
Yoga	6:00-6:50PM	SRC 256	Molly Su
Kickboxing	6:00-6:50PM	SRC 245	Jenn
<b>Wednesday, March 15 (SRC Hours 5:30AM-7:00PM)</b>			
Spin	6:30-7:20AM	SRC 252	Joanne
CrossFit	11:30-12:30PM	Smith 21	Matt A
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
Gravity	12:00-12:50PM	SRC 252	Joanne
Pilates	4:00-4:50PM	SRC 256	Jenn
Barre Strength	5:00-5:50PM	SRC 256	Jenn
Zumba	6:00-6:50PM	SRC 245	Kat



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<b>Thursday, March 16 (SRC Hours 5:30AM-7:00PM)</b>			
Kettlebell Sunrise	6:00-6:50AM	SRC 256	Karly
CrossFit	11:30-12:30PM	Smith 21	Pete
Step and Core	12:00-1:00PM	Smith 215	Megan
TRX	12:00-12:50PM	SRC 245	Joanne
Yoga	12:05-1:00PM	Smith 115	Deb
PGB	4:00-4:50PM	SRC 245	Melissa
Yoga	4:00-4:50PM	SRC 256	Joanne
Insanity	5:00-5:50PM	SRC 245	Jenn
Zumba	5:00-5:50PM	SRC 256	Kat
Kickboxing	6:00-6:50PM	SRC 245	Jenn
<b>Friday, March 17 (SRC Hours 5:30AM-7:00PM)</b>			
Gravity	12:00-12:50PM	SRC 252	Joanne
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
PGB	4:00-4:50PM	SRC 245	Melissa
Spin	5:00-5:50PM	SRC 252	Jenn
Zumba	5:00-5:50PM	SRC 245	Sung
<b>Saturday, March 18 (SRC Hours 9:00AM-7:00PM)</b>			
Spin	10:30-11:30AM	SRC 252	Jenn

**Group Fitness Announcements & Reminders:**

- Spring Session 2 classes resume Sunday, March 19<sup>th</sup>
- Looking for more FREE Group Fitness classes? Come "Sweat the Stress" during finals week, May 1-May 5!
- Summer Session 1 will begin May 8<sup>th</sup>. Registration opens April 17<sup>th</sup>.

