

TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:15 am Aqua Zumba® (pool-45 min) Betsy Leonard				
	9:00am ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	
		12:00 pm Campus Walk Break (Bell Tower-45 min) Betsy Leonard	*11:30 am* Yoga (aerobics rm-60 min) Sue Carter	*12:00 pm* Campus Walk Break (Bell Tower-45 min) Betsy Leonard		
2:00pm BJJ/MT Club (aerobics rm-60 min) Charles Kageleiry						
			4:00pm BJJ/MT Club (aerobics rm-120 min) Charles Kageleiry		*5:00pm* BJJ/MT Club (aerobics rm-60 min) Charles Kageleiry	
	5:30 pm Power and Pulse (aerobics rm-60 min) Tiffany Gee	*5:30 pm* Yoga (aerobics rm-60 min) Sue Carter	*5:15 pm* Campus Walk Break (Library-45 min) Sue Carter	*5:30 pm* Zumba® (aerobics rm-45 min) Betsy Leonard		
6:15 pm Zumba® (aerobics rm-45 min) Betsy Leonard	*6:30pm* BJJ/MT Club (aerobics rm-120 min) Charles Kageleiry	*6:30pm* BJJ/MT Club (aerobics rm-120 min) Charles Kageleiry		*6:15pm* BJJ/MT Club (aerobics rm-120 min) Charles Kageleiry		

For more information regarding the group fitness classes, contact Betsy Leonard
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