

Fit Plus Schedule Fall 2017 (Faculty & Staff ONLY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BH 6 12:10-1PM Hatha Flow Yoga Adair	BH 6 12:10-1PM Kripalu Yoga Jacalyn	BH 6 12:10-1PM Gentle Flow Yoga Peter	BH 6 12:10-1PM Kripalu Yoga Jacalyn	BH 6 12:10-1PM Gentle Yoga with Restorative Michelle
GYM 149 12:10-1PM Vinyasa Yoga Elsa	GYM 149 12:10-1PM PiYo Fusion Adair	GYM 149 12:10-1PM Pilates Michelle	GYM 147 12:10-1PM Aerobics & Conditioning Michael	GYM 147 12:10-1PM Aerobics & Conditioning Michael
GYM 123 12:10-1PM Aerobics & Conditioning Michael	GYM 147 12:10-1PM Aerobics & Conditioning Michael	GYM 123 12:10-1PM Aerobics & Conditioning Michael	GYM POOL 12:10-1PM Swimming Open & Instructional Lizzie	GYM 148 12:10-1PM Strength & Conditioning Open Session Will
GYM POOL 12:10-1PM Swimming Open & Instructional Laura	GYM POOL 12:10-1PM Swimming Open & Instructional Lizzie	GYM POOL 12:10-1PM Swimming Open & Instructional Brandon	GYM 148 12:10-2PM Strength & Conditioning Open Session Will	
GYM 148 12:10-1PM Strength & Conditioning Open Session Will	GYM 148 12:10-2PM Strength & Conditioning Open Session Will	GYM 148 12:10-1PM Strength & Conditioning Open Session Will		