

RECREATION SERVICES – KENNETH LANGONE ATHLETICS & RECREATION CENTER
GROUP FITNESS CLASSES – FALL 2009

Wednesday, August 26 – Tuesday, December 8

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-8:00am					<u>SPINNING</u> SARAH
8:00am-9:00am		<u>STEP</u> MICHELLE		<u>STEP</u> MICHELLE	
9:00am-10:00am		<u>CARDIO PUMP</u> AMY JO		<u>ZUMBA</u> GRACE	<u>CARDIO PUMP</u> AMY JO
12:00pm-1:00pm	<u>H.I.T</u> KARI <hr/> <u>H2O FITNESS**</u> DONNA		<u>H.I.T</u> KARI <hr/> <u>H2O FITNESS**</u> DONNA		<u>H.I.T.</u> KARI
4:00pm-5:00pm	<u>ZUMBA</u> GRACE	<u>POWER VINYASA</u> MORGAN	<u>ZUMBA</u> GRACE	<u>POWER VINYASA</u> MORGAN	<u>POWER VINYASA</u> MORGAN
5:00pm-6:00pm	<u>YOGA</u> ANDREA	<u>KICKBOXING</u> STEPHEN	<u>YOGA</u> ANDREA	<u>KICKBOXING</u> STEPHEN	
6:00pm-7:00pm	<u>SPINNING</u> SARAH		<u>POWER PILATES</u> ANDREA	<u>SPINNING</u> SARAH	

For up-to-date information, please visit: www.bucknell.edu/x1792.xml. Schedule is subject to change
 For more information contact Annette Stutzman Fitness/Strength Assistant at 570-577-1465 or
as058@bucknell.edu