






Group Fitness & Dance Schedule for Summer II


July 6 - August 20 the next schedule will start on August 30th.

| TIME | Mon. | Tues. | Wed. | Thurs. | Fri. |
|-------------|---|---------------------------------|--|---|---------------------------------|
| 7:00-7:45 | | | Hatha & Restorative Yoga Lee | | |
| 11-11:45 | Express Cycle Lee  | Step & Tone Indiana | | Express Cycle  Indiana | Pilates Lorraine |
| 12-12:50 | Dance Revolution 70's, 80's, 90's & 2000 Brienne  | Hatha & Restorative Yoga Kim | Polynesian & Tahitian Dance Brienne  | Toning & Abs Yvonne | Hatha & Restorative Yoga Kim |
| 4:00 - 5:00 | Yoga Michelle | | Cycle & Tone Indiana  | | |

*Classes may be cut due to low enrollment after the first three weeks of classes

Questions please contact Amy Henkelman Assistant Director 520-4594 ahenkelm@iusb.edu

We ask for your safety and the respect of others that you attend classes on time. If you cannot be there on time we ask that you not take class that day.

 These are indoor cycling classes that are limited to the first 11 participants

 These are dance lessons that you can drop into at anytime throughout the semester.

All participants must present a pass to the instructors when entering the group fitness room. Passes can be purchased at the front desk of the SAC. An individual class cost \$5 or \$15 punch pass good for 8 classes.