



SUMMER 2018

GROUP EXERCISE SCHEDULE

UPDATED SCHEDULE

BEGINS MONDAY, 6/11/2018

Monday	Tuesday	Wednesday	Thursday	Friday
Kickboxing 12:05-12:50pm	Yoga 12:05-1:00pm	Strength & Sculpt 12:05-12:50pm	Yoga 12:05-1:00pm	Body Burn Bootcamp 12:05-12:50pm
	Cycle 4:15-5:00pm		Kickboxing 1:05-1:50pm	

There will be no classes on Monday, May 28th (Memorial Day).

There will be no classes on Wednesday, July 4th (Independence Day).

All classes are held in the Wellness & Recreation Complex.

Classes are open to all valid users of the Wellness & Recreation Complex.

Cycle classes are in room 202. All other classes are in room 214.

Registration is not required.

For class descriptions, please visit: www.springfieldcollege.edu/campusrecreation

