

Group Exercise

Spring 2008

February 4th
through
May 2th
(Excluding breaks)







SECOND FLOOR HILL GYM
GROUP EXERCISE ROOM

REGISTER IN
ROOM 240 BEFORE ATTENDING
YOUR
FIRST CLASS!



CLASS FEES:
STUDENTS & MEMBERS: FREE!
ALL OTHERS: \$65

Time	MON	TUES	WED	THR	FRI
8-8:45 AM	 RISE & SHINE		RISE & SHINE		
9:00 AM		Pilates		Yoga for Dummies	
11 AM	FOUNTAIN OF YOUTH				FOUNTAIN OF YOUTH
12 PM	PILADDIO		PILADDIO		
12:45 PM				Booty Call	
4 PM	YOGA STRENGTH		Turbo Kick!		
4:45 PM				Core Power	
6 PM	 APPLE BOTTOMS & ABS		PILATES FOR LIFE	G.O.U. Balls?	
7:15 PM		Core Power	APPLE BOTTOMS & ABS		 

YOU MAY ATTEND UNLIMITED CLASSES

ALL CLASSES ARE TAUGHT TO ACCOMMODATE ALL FITNESS LEVELS!!!!!! ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE INDICATED