

# CSI STUDENT REC. CENTER DROP-IN FITNESS CLASS

WINTER 2017

All Classes are FREE with a CSI Student Rec. Center Membership or \$3.00 fee without



Time	Mon	Tues	Wed	Thurs
5:00 AM		SPINNING w/Rebecca Kuykendall in Spinning Room 5:00-5:50 am		
5:30 AM	CARDIOACCELERATION - NEW* w/Breanna McAlister in Room 236 5:30-6:20 am		CARDIOACCELERATION - NEW* w/Breanna McAlister in Room 236 5:30-6:20 am	
6:00 AM				SPINNING w/Jaime Tigie Spinning Room 6:00-6:50 am
6:30 AM		SPINNING w/Jaime Tigie Spinning Room 6:00-6:50 am		
9:00 AM	HATHA YOGA w/Tiffany Eckles in Room 231A 9:00-9:50 am			
9:30 AM				
10:00 AM		CARDIO+WEIGHTS w/Melissa Whitchurch in Room 236 10:00-10:50 am		CARDIO+WEIGHTS w/Melissa Whitchurch in Room 236 10:00-10:50 am
10:30 AM				
11:00 AM		H.I.I.T. SPINNING w/Tiffany Eckles in Spinning Room 11:00-11:30 am		
11:30 AM				
12:00 PM		BARRE CONNECT w/Tiffany Eckles in Room 231A 12:00-12:50 pm	SPINNING w/Rebecca Kuykendall in Spinning Room 12:00-12:50 pm	BIKE-N-BAR! w/Tiffany Eckles in Spinning Room 12:00-12:50 pm
12:30 PM				
2:00 PM				RESTORATIVE YOGA w/Tiffany Eckles in Room 231A 2:00-2:50 pm
2:30 PM				
5:00 PM	POUND (Cardio Jam) w/Robin Smith in Room 236 5:10-5:55 pm		ZUMBA &/or ZUMBA TONING w/Robin Smith in Room 236 5:10-5:55 pm	
5:15 PM				
5:30 PM	SPINNING w/Joseph Lemoine in Spinning room 5:05-5:55 pm	SPINNING w/Joseph Lemoine in Spinning room 5:05-5:55 pm		
5:45 PM				
6:00 PM		REFIT w/Erica Rogers in Room 236 6:10-7:00 pm		REFIT w/Erica Rogers in Room 236 6:10-7:00 pm
6:30 PM				
7:00 PM		SOCIAL DANCE CLASS w/Tony Silvaz in Room 236 7:10-8:00 pm		
7:30 PM				
8:00 PM				
Friday	FUNKY FREE FRIDAYS - NEW* w/Breanna McAlister in Room 236 5:30-6:20 am	Saturday	SPINNING - NEW* w/Kim Prestwich in Spinning Room 8:00-8:55 am	