

Group Fitness Fall 2009

UT Auxiliary Enterprises *Recreation Center*

Effective: Fall 2009 September 1 – December 18, 2009

7779 Knight Road 713-500-8420

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30am-11:30am						Boot Camp & ABS James	
4:30pm-5:30pm						Yoga Lajla	
5:45pm-6:45pm	Muscle Max Ben	Yoga Lajla	Kick Boxing James	Cardio Step James			
6:45pm-7:00pm	ABSolution 6:45-7:00pm Jackie		ABSolution 6:45-7:00pm James	ABSolution 6:45-7:00pm James			
6:45pm-7:45pm		Abs & Body Power James					
7:00pm-8:00pm	Pilates Jackie		Advanced Yoga Lajla	Mat Pilates James			

FYI: Classes & Instructors are subject to change without notice. Maximum of 40 participants per class. **No One is allowed to enter class after warm up.**
CLASS PASS IS REQUIRED TO ATTEND CLASS--- check in at front desk for class pass, turn in to instructor at start of class or during warm up.

*******AMENDED COPY*******