

Group Fitness Summer 2008

UT Auxiliary Enterprises
Recreation Center

Effective: SUMMER 2008 June 2 – August 31, 2008

7779 Knight Road 713-500-8420

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am-7:15am		Yoga Anne		Yoga Anne			
9:30am-10:30am						Instructor's Surprise Catie / Kaci	
5:45pm-6:45pm	Muscle Flex Ben	Kickbox Kaci	Step Interval Angela	Boot Camp Kaci			
6:45pm-7:00pm	ABSolution 6:45-7:00pm Ben/Julie	ABSolution 6:45-7:00pm Julie	ABSolution 6:45-7:00pm Angela	ABSolution 6:45-7:00pm Kaci.			
7:00pm-8:00pm *7:00pm-7:30pm	Step Julie	*Speed Jump Julie	Pilates Molli	Step N Sculpt Catie .			
7:30pm-8:15pm		Weights Julie					

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--- obtain from front desk and give to instructor at start of class or during warm up.