



2015 Group Fitness Winter Break Schedule



	Small Aerobics Room	Spin Room
Monday 12/7 5:30pm	Fit & 50+ with Jamie	Spin with Lindsay H.
Tuesday 12/8 5:30pm	Buns and Guns with Rachel F.	Spin with Brianna
Wednesday 12/9 5:30pm	(Spin/Sculpt-meet in spin room)	Spin/Sculpt with Amanda C.
Thursday 12/10 5:30pm	Bell's Bootcamp with Bradley	Spin with Rachel F.

Monday 12/14 5:30pm		Spin with Brianna
Tuesday 12/15 5:30pm	Bell's Bootcamp with Bradley	Spin with Rachel F.
Wednesday 12/16 5:30pm	(Spin/Sculpt-meet in spin room)	Spin/Sculpt with Amanda C.
Thursday 12/17 5:30pm	Bell's Bootcamp with Bradley	Spin with Amanda W.

Have a great Winter Break! We will see you all back in January 2016!

Monday 1/11/16 RecFest Fitness Kick Off 5:15pm Large Aerobics Room

Tuesday 1/12/16 Spring 2016 Group Fitness Classes Start

Tuesday 2/9/16 "Pose Your Heart Out" 2016 Yogathon

For more information logon to www.utc.edu/campusrec

