



GMU AFC Group Exercise Schedule Fall 2016



Classes are August 29-Dec 11

No classes Sept 5, Oct 10 and Nov 23-27

All Classes will take place in the Aquatic and Fitness Center Group Exercise Room

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15am		Boot Camp Jen		Boot Camp Ashley		Boot Camp Jennifer
12:15-1:15 pm		TBC Jennifer	*NEW* 30/30 min classes Attend one or both	Cardio Kickboxing Noki	*NEW* 30/30 min classes Attend one or both	Hip Hop Cardio Jennifer
12:15-12:45pm			Zumba Heidi		Barre None Patty	
12:45-1:15pm			TBC Heidi		Barre None Patty	
2:30-3:30pm			Cardio Kickboxing Keri		Zumba Toning Jennifer	
5:00-5:25pm		Butts and Guts Veronika	ABC Ethan	Butt "Abs"olutely Veronika	CC Heidi	
5:30-6:30pm		Power Dance Veronika	TBC Ethan	Ultimate Body Conditioning Veronika	Boot Camp Heidi	Zumba/Mixedfit Rotating Instructors
6:00-7:00pm	Zumba/Mixedfit Rotating Instructors					
6:30-7:30pm		Zumba Daniela/Zach	Zumba Maggie	Belly Dance Lei	Zumba Justin	
7:30-8:25pm		Mixedfit LaToya/Zach		Zumba Julia/Zach		