



**GMU AFC
Group Exercise Schedule
Spring 2017**



Classes are Jan 23-May 06

No classes: Feb 20, March 11-19 and April 15&16

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

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:15am	Boot Camp Jennifer/Billy		Boot Camp Ashley		Boot Camp Jennifer
12:15-1:15 pm	Hip Hop Cardio Jennifer	*NEW* 30/30 min classes Attend one or both	Barre None Patty/Noki	*NEW* 30/30 min classes Attend one or both	Zumba® Jennifer/ Justin
12:15-12:45pm		Zumba® Heidi		Cardio Kickboxing Keri	
12:45-1:15pm		TBC Heidi		Sculpt Keri	
2:30-3:30pm		Boot Camp Jennifer		Zumba Toning® Jennifer	
5:00-5:25pm		ABC Billy		Butts and Guts Heidi	
5:30-6:30pm	Zumba® Daniela	TBC Billy	Cardio Kickboxing Julie	Strong by Zumba® Heidi	Zumba/Mixedfit Rotating Instructors
6:30-7:30pm	Mixedfit LaToya	Belly Dance Lei	Zumba® Maggie/Julia	Zumba® Justin	