



GMU AFC
Group Exercise Schedule
Summer 2017
May 22nd - July 31st for classes
No classes May 29 or July 3-4

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		Boot Camp Rotating Instructors		Boot Camp Jen
12:15-1:15 pm	*NEW* 30/30 min classes Attend one or both	*NEW* 30/30 min classes Attend one or both	*NEW* 30/30 min classes Attend one or both	*NEW* 30/30 min classes Attend one or both	
12:15-12:45pm	Hip Hop Cardio Jennifer	Zumba Heidi	Barre Keri	Cardio Kickboxing Keri	
12:45-1:15pm	Abs, Butt & Core Jennifer	Sculpt Heidi	Barre Keri	TBC Keri	
5:30-6:30pm		Total Body Conditioning Mary		Zumba Justin	Zumba Rotating Instructors
6:30-7:30pm	Hip Hop Cardio Keri		Kickboxing Julie K		