



**Classes Begin Wednesday August 26, 2009**

# Recreational Service

ROGER WILLIAMS UNIVERSITY

## Fall 2009 GROUP X CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		Spin Brianna		Spin Brianna		

**Group X participants should bring their valid RWU I.D., towel and water bottle to all classes**

12:00 PM	12:15 Spin Mary	12:15 Spin Ashley	12:15 Spin Mary	12:15 Spin Ashley	12:15 Zumba Deana	
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***All classes are open to all members. Faculty and Staff have priority seating for 12:15 Spin classes until 12:20, at which time all remaining bikes are available on a first-come, first-served basis***

4:00 PM					Spin Nicole	
5:00 PM	Zumba Deana	Spin Brianna	Spin Brianna	5:15 Spin Mary		
5:30 PM					Yoga Anne	
6:00 PM		Tone & Sculpt Butts & Guts Nicole	Tone & Sculpt Butts & Guts Anne			
6:30 PM	Spin Nicole					
7:00 PM						
7:30 PM		Yoga Stephanie	Yoga Heather P			
8:00 PM	Yoga Heather P			Yogafit Stephanie		

SPINNING, YOGA, CLASSES ARE LOCATED IN AEROBICS ROOM A

ALL OTHER CLASSES ARE LOCATED IN AEROBICS ROOM B.

GROUP X CLASSES ARE SUBJECT TO CHANGES OR CANCELLATION WITHOUT NOTICE

For more information Contact Mark Andreozzi at 254-3069

Copies of Schedule can be found at <http://www.rwu.edu/athletics/recreation/fitness/group.htm>

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Sunday

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