



Classes Begin Wednesday January 27, 2009

Recreational Services

ROGER WILLIAMS UNIVERSITY

Spring 2010 GROUP X CLASS SCHEDULE

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

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 Mary		12:15 Zumba Serena		
		Cardio Kickboxing Dan		Cardio Kickboxing Dan	12:15 Spin Ashley		

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			Zumba Serena		Zumba Kathryn		
5:00 PM	Zumba Kathryn			5:15 Spin Mary			Spin Hadley
5:30 PM		Spin Sarah	Spin Nicole		Yoga Anne		
6:00 PM	Spin Nicole	Tone & Sculpt Nicole	Tone & Sculpt Anne				
6:30 PM							
7:00 PM	Yogafit Stephanie	Yoga Heather P	Yoga Heather P	Yogafit Stephanie			
7:30 PM							
8:00 PM							

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 Andrezzi at 254-3069

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

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