



**Classes Begin Monday May 21, 2012**

# Recreational Services

ROGER WILLIAMS UNIVERSITY

## SUMMER 2012 GROUP X CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM							
7:00 AM							
8:00 AM	<p><b>Group X Participants are encouraged to bring their valid RWU I.D., towel, and water bottle to all classes</b></p>						
9:00 AM							
10:00 AM							
11:00 AM							
12:15 PM	Pilates Serena Room B	Spin Mary Room A	Pilates Serena Room B	Spin Mary Room A	Tone & Sculpt Nicole Room B		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
4:30 PM	Cardio Kickboxing Morgan Room B		Boot Camp Morgan Room B				
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

GROUP X CLASSES ARE SUBJECT TO  
 CHANGES AND/OR CANCELLATION WITHOUT NOTICE  
 For more information Contact Dr. Mark J. Andreozzi at 254-3069  
 Copies of Schedule can be found at  
<http://www.rwu.edu/athletics/recreation/fitness/group.htm>