

# FALL 2018 GROUP EXERCISE SCHEDULE

All Classes start Wednesday August 29 except  
4PM Classes start after Labor day

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM							
8:00 AM							
12:15 PM	PILATES SERENA ROOM B	SPIN MARY ROOM A	PILATES SERENA ROOM B	SPIN MARY ROOM A	YOGA/MEDITATION DEB ROOM A		
12:15 PM	POUND WENDY ROOM A			POUND WENDY ROOM B			
12:15 PM							
4:00 PM	PILATES SERENA ROOM B			PILATES SERENA ROOM B			
4:15 PM		POUND WENDY ROOM A					
4:30 PM							
5:00 PM	BUTI YOGA KATHERINE ROOM B			BUTI YOGA KATHERINE ROOM B			
5:30 PM							
6:00 PM							
6:15 PM	ZUMBA ALEX ROOM B		ZUMBA ALEX ROOM B				
6:30 PM							
8:00 PM							
9:00 PM							
10:00 PM							



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE  
RWU ID AND TOWEL ARE REQUIRED  
ANY QUESTIONS CONTACT DR. MARK J. ANDREOZZI x3069