

# **Group Fitness Classes**

	Monday	Tuesday	Wednesday	Thursday	Friday	
Fall 2010 (August 23 - December 6)	6:30 - 7:30 AM	Yogalates - Christa	Reserved	Yogalates - Christa	Reserved	
	7:30 - 8:30 AM	Spin - Christa		Spin - Christa		
	8:30 - 9:30 AM	Cardio Bootcamp - Christa		Cardio Bootcamp - Christa		
	9:30 - 10:00 AM	Ab Attack - Christa		Ab Attack - Christa		
	10:00 - 11 AM					
	11 - 12 PM	XFit Beginner - JH & EM	Reserved	XFit Beginner - JH & EM	XFit Beginner - JH & EM	
	12 - 1 PM	Spin - Stephanie C.		Spin - Stephanie C.	Reserved	
	1 - 2 PM	Reserved			Reserved	
	2 - 3 PM	Reserved			Spin - Stephanie P.	
	3 - 4 PM				Ab Attack - Stephanie P.	
	4 - 5 PM		Reserved		Reserved	
	5:00 - 5:30PM	Extreme Ab Attack - Tiko 5- 6pm	na	na	na	Reserved
	5:30 - 6:00PM		5:30 Ab Attack - Stephanie P.	5:30 Ab Attack - Stephanie P.	5:30 Ab Attack - Meghan	
	6 - 7 PM	Step - Tiko	Spin - Lindsay	Cardio Bootcamp Stephanie P.	Spin - Meghan	Reserved
	7 - 8 PM	Latin Dance - Tiko	Power Pilates - Alyssa	Body Sculpt - Alyssa	Buns &Thighs - Alyssa	Reserved
	8 - 9 PM	Advanced Latin Dance - Tiko	Kickboxing - Alyssa	Stretch - Alyssa	Kickboxing - Alyssa	Reserved
9 - 10 PM	Spin - Stephanie P.	Hip Hop - Tiffany	Spin - Stephanie P.	Hip Hop - Brittany		
10 - 11 PM			Reserved			

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### Group Fitness Policies and Procedures

\* Classes begin at 5:30pm

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| <ol style="list-style-type: none"> <li>1. Must have a valid, scannable FGCU ID, or be a member of the Rec Center.</li> <li>2. Sign up at front desk. Forms will be available one hour prior to class. No exceptions!</li> <li>3. Limit of 15 to 20 people per class. Please see front desk for specific class sizes. Alternate list is</li> </ol> | <ol style="list-style-type: none"> <li>4. Must arrive on time for the start of class. 5-10 minutes early is recommended. Late participants will not be allowed to enter once class has started.</li> </ol> | <ol style="list-style-type: none"> <li>5. Appropriate workout attire is required; must wear shirt and tennis shoes.</li> <li>6. Bring water to stay hydrated during class.</li> <li>7. Participants should eat within one to two hours of the start of class.</li> <li>8. No cell phone usage is allowed during class.</li> </ol> | <ol style="list-style-type: none"> <li>9. Participants may be asked to leave at any time for inappropriate behavior.</li> <li>10. Non Recreation Center members must pay before entry to class, no exceptions!</li> <li>11. All other Recreation Center rules apply</li> </ol> |
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FGCU Campus Recreation; 239-590-7935; www.fgcu.edu/campusrec  
 Individuals who require reasonable accommodations in order to participate must notify the Office of Instructional Equity Compliance at least 5 days prior to the event by calling 239-590-7405, 1-800-590-3428 or call via The Florida Relay at 711.  
 Supported by Student Government

