



BODYWISE

Fitness & Wellness Program
 UCONN DEPARTMENT OF RECREATIONAL SERVICES

FITNESS SCHEDULE

RECREATION UCONN

Effective 10/22/09

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	Try a 7am SPIN class for a great morning cardio workout!!!						
12:00PM						<p>All classes meet in the BodyWise Fitness Studio in the upper level of Putnam Refectory. In an effort to maintain and preserve the Fitness Equipment we ask that you change into your workout shoes at our facility whenever possible. Especially during inclement weather. Thank you for your cooperation.</p>	
1:00 PM					Fab Abs <i>Dan</i>		
2:00 PM	Cardio-Sculpt <i>Sarah T.</i>	Cardio-Sculpt <i>Keshia</i>	Body Sculpt <i>Lisa</i>		Butts & Guts <i>Lisa</i>		
3:00 PM	Butts & Guts <i>Sarah T.</i>	Butts & Guts <i>Keshia</i>	Butts & Guts <i>Dan</i>	Zumba <i>Paula</i>	Pilates <i>Dan</i>		
4:00 PM	Fab Abs <i>Dan</i>	Body Sculpt <i>Jordan</i>	Yoga <i>Sarah B.</i>	Kick & Crunch <i>Holly</i>	Zumba <i>Sarah T.</i>		
5:00 PM	Zumba <i>Sam</i>	Step Aerobics <i>Holly</i>	Core Yoga <i>Sarah B.</i>	Step & Tone <i>Holly</i>			Pilates <i>Renee</i>
6:00 PM	Step & Tone <i>Lisa</i>	Butts & Guts <i>Renee</i>	Butts & Guts <i>Jordan</i>	Yoga <i>Sarah B.</i>			Fab Abs <i>Jordan</i>
7:00 PM	Kick & Crunch <i>Keshia</i>	Zumba <i>Paula</i>	Cardio Kick <i>Keshia</i>	Zumba <i>Sarah T.</i>			Kick & Crunch <i>Renee</i>
8:00 PM	Body Sculpt <i>Jordan</i>	Pilates <i>Jackie</i>	Pilates <i>Renee</i>				Zumba <i>Sarah T.</i>
9:00 PM							

BodyWise Policies:
 All class participants must bring their valid UCONN ID and must arrive **on time** to be admitted. It is highly encouraged that participants bring a water bottle and sweat towel to each class.

For more information contact Recreational Services at 486-0002
 or online at: web.uconn.edu/recreation/bodywise