



FITNESS SCHEDULE



Effective 3/28/2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	Try a 7am SPIN class for a great morning cardio workout!!!					<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>	
12:00PM							
1:00 PM	<i>Fab Abs</i>	<i>Fab Abs</i>	<i>Fab Abs</i>	<i>Fab Abs</i>	Zumba <i>Cara</i>		
2:00 PM	Body Sculpt <i>Sam</i>	Body Sculpt <i>Ashley</i>	Body Sculpt <i>Victoria</i>	Body Sculpt <i>Chelsea</i>	Pilates <i>Sam</i>		
3:00 PM	Beach Body <i>Jaclyn</i>	Butts & Guts <i>Victoria</i>	Butts & Guts <i>Cara</i>	Butts & Guts <i>Rachel K.</i>	Kick & Crunch <i>Staff</i>		
4:00 PM	Power Yoga <i>Sarah</i>	X-Fit <i>Victoria</i>	Pilates <i>Danielle</i>	X-Fit <i>Victoria</i>	Zumba <i>Ashlee</i>		4:30pm Zumba <i>Johanny</i>
5:00 PM	All Levels Yoga <i>Sarah</i>	Body Sculpt <i>Savannah</i>	All Levels Yoga <i>Sarah</i>	Pilates <i>Jill</i>			
6:00 PM	Zumba <i>Ashlee</i>	Beach Body <i>Rachel K.</i>	Body Sculpt <i>Jill</i>	Kick & Crunch <i>Kim</i>			Butts & Guts <i>Savannah</i>
7:00 PM	X-Fit <i>Rachel D.</i>	Zumba <i>Ashlee</i>	Zumba <i>Kim</i>	Zumba <i>Johanny</i>			X-Fit <i>Meagan</i>
8:00 PM	Zumba <i>Kim</i>	Kick & Crunch <i>Lauren C.</i>	Beach Body 8:00-9:30pm <i>Jaclyn</i>				Zumba <i>Kim</i>
9:00 PM		SPIN Pilates					

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 call 486.0002
or visit: web.uconn.edu/recreation/bodywise



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