






# Group Exercise Schedule

CPT Jennifer J. Shafer Odom Fitness Center, Building 1507  
**301-619-2498**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AWESOME ABS</b> Theresa - 0615	<b>BUTT &amp; GUT</b> Theresa - 0615	<b>STEP</b> Theresa - 0615	<b>TORSO ARMS</b> Theresa - 0615	<b>KICKBOXING</b> Theresa - 0615		
<b>WATER AEROBICS</b> Donna - 0900		<b>WATER AEROBICS</b> Donna - 0900			<b>INTERVAL TRAINING</b> Anne - 0915	<b>SPIN</b> Anne - 0915
<b>STEP</b> Theresa - 1130	<b>ZUMBA</b> Sharon - 1130	<b>BUTT &amp; GUT</b> Theresa - 1130	<b>TOTAL BODY CONDITION</b> Sharon - 1130	<b>KETTLEBELL MADNESS</b> Sharon - 1130		
	<b>SPIN</b> Ray - 1630		<b>SPIN</b> Ray - 1630		<b>PRACTICAL YOGA STRETCH</b> Anne - 1330	
<b>SPIN</b> Sharon - 1730	<b>ZUMBA</b> Sharon - 1730	<b>STEP W/ WEIGHT TRAINING &amp; ABS</b> Anne - 1730	<b>PRACTICAL YOGA STRETCH</b> Anne - 1730	<b>INSTRUCTORS CHOICE</b> Anne - 1730		

Participations must register for Spinning prior to class time. Only those present at the beginning of the class will be guaranteed a bike! **Schedule is subjected to chance without notice. No classes will be held on Federal Holidays.**

*Revised 19 January 2012*