

# Kinesiology Aerobic Fitness Classes Spring 2013

	Mon	Tue	Wed	Thur		
8:00	<b>Yoga</b> (KNAC-170) W-107 <b>Carly</b> 8:00 - 9:25	<b>Walk-jog</b> Kim Track 8:30 - 10:00	<b>Cardio Boxing</b> W-107 Brian 8:00 - 9:25	<b>Yoga</b> (KNAC-170) W-107 <b>Carly</b> 8:00 - 9:25	<b>Walk-jog</b> Kim Track 8:30 - 10:00	<b>Cardio Boxing</b> W-107 Brian 8:00 - 9:25
9:00						
10:00	<b>Stability Ball</b> Dave W-107 10:00 - 11:25	<b>Stretch, Flex &amp; Tone</b> W-107 Kim 10:30 - 12:00	<b>Stability Ball</b> Dave W-107 10:00 - 11:25	<b>Stretch, Flex &amp; Tone</b> W-107 Kim 10:30 - 12:00		
11:00	<b>Cardio Pump</b> Dave W-107 11:30 - 12:55		<b>Cross Training</b> Juli G-103 11:30 - 12:55	<b>Cardio Pump</b> Dave W-107 11:30 - 12:55	<b>Cross Training</b> Juli G-103 11:30 - 12:55	
12:00						
1:00	<b>Stretch, Flex &amp; Tone</b> W-107 Juli 1:00 - 2:25	<b>Walk-Jog</b> Al Track 1:00 - 1:55	<b>Stretch, Flex &amp; Tone</b> W-107 Juli 1:00 - 2:25	<b>Walk-Jog</b> Al Track 1:00 - 1:55		
2:00						