

UT Memphis Campus Recreation

Begins June 2nd, 2008

Group Exercise Schedule Summer 2008

Classes are free to all UT students and Fitness Center members!

Monday	Tuesday	Wednesday	Thursday	Friday
TBC 12-12:50pm All Levels Fonda		Muscle Works 12-12:50pm Level II Fonda	TBC 12-12:50pm All Levels Fonda	Yoga 12:15-1pm All Levels Peggy
Pilates 12-12:50pm All Levels Peggy				
	Cardio Kickboxing 5:15 – 6:15pm All Levels Kerry		Cardio Kickboxing + 4:15pm-5:15pm All Levels Kerry	
Yoga 5:15-6:15 All Levels Barbara	Hydro-Tone (pool) 5:30-6:30pm All Levels Catherine	Pi Yo 5:30-6:15pm All Levels Lacy	Hydro-Tone (pool) 5:30-6:30pm All Levels Catherine	

Level 1: Class instruction and choreography based on beginning participants

Level 2: Intermediate choreography and intensity

Level 3: Advanced choreography with high intensity athletic movements