

UT Memphis Campus Recreation

Begins May 1<sup>st</sup>, 2008

# Group Exercise Schedule Spring 2008

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

Monday	Tuesday	Wednesday	Thursday	Friday
TBC 12-12:50pm All Levels Melanie/Fonda	Yoga 12-12:50pm All Levels Jerome	Zumba 12-12:50pm Level II Ebony/Fonda	TBC 12-12:50pm All Levels Melanie/Fonda	Yoga 12:15-1pm All Levels Peggy
Pilates 12-12:50pm All Levels Peggy				
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