

# AEROBICS & YOGA SCHEDULE

## November 1-20th

## 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 -7:30 am <b>PILATES</b> Stephanie	6:00-7:00 am <b>INDOOR CYCLING</b> Maria	6:30 -7:30 am <b>PILATES</b> Stephanie	6:00-7:00 am <b>INDOOR CYCLING</b> Maria			
11:30-12:30pm <b>YOGA</b> Polly		11:30-12:30pm <b>YOGA</b> Polly	7:00-8:00am <b>YOGA</b> Polly			12:30-1:30 pm <b>INDOOR CYCLING</b> Johnny
	4:00-5:00 pm <b>BOOT CAMP</b> Johnny (meets @ Front Desk)				10:15-11:15 am <b>YOGA</b> Polly	
5:30-6:30 pm <b>FUNCTIONAL FITNESS</b> Jonathon	4:00-5:00 pm <b>BEGINNER YOGA</b> Angel	6:30-7:00 pm <b>HARDCORE</b> Alyson	4:30-5:30 pm <b>BEGINNER YOGA</b> Angel	5:45-6:30 pm <b>BEGINNER STEP</b> Alberto		5:45-6:30 pm <b>BEGINNER STEP</b> Alberto
7:00-8:00 pm <b>INDOOR CYCLING</b> Johnny	5:00-6:00pm <b>YOGA</b> Angel	7:00-8:00 pm <b>INDOOR CYCLING</b> Johnny	5:30-6:30pm <b>YOGA</b> Angel	6:45-7:15 pm <b>STEP III</b> Alberto		6:45-7:15 pm <b>STEP III</b> Alberto
8:15-9:15 pm <b>HIP HOP AEROBICS</b> Stephanie	6:00-6:30 pm <b>YOGA MEDITATION</b> Angel	8:00-9:00 pm <b>PILATES</b> Kelly				

**NO FEE FOR AEROBICS AND YOGA – Price is INCLUDED in your Membership Fee!**

Just Show up to the class you want. Arrive early to meet instructor if new to class. Space is limited in some classes. NOTE: No handouts available due to classes changing with no notice

For class descriptions see: [www.vanderbilt.edu/CampusRecreation/fitness/aerobics.html](http://www.vanderbilt.edu/CampusRecreation/fitness/aerobics.html)

Call Becky Spires, Assistant Director-Wellness @ 343-0538 for info.

**CLASSES SUBJECT TO CHANGE AT ANY TIME**

Classes with less than 5 regular participants are subject to cancellation at any time