



SPRING '07 GROUP FITNESS SCHEDULE

SOUTH TEXAS COLLEGE HEALTH & WELLNESS CENTER

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*CLASSES SUBJECT TO CHANGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES 	AEROBICS W/JANICE @ 9 A.M. ABS W/JANICE @ 9:30 A.M.	SPINNING W/JANICE @ 9 A.M. ABS W/JANICE @ 9:30 A.M.	AEROBICS W/JANICE @ 9 A.M. ABS W/JANICE @ 9:30 A.M.	SPINNING W/JANICE @ 9 A.M. ABS W/JANICE @ 9:30 A.M.	AEROBICS W/JANICE @ 9 A.M. ABS W/JANICE @ 9:30 A.M.	CIRCUIT TRAINING W/LEO @ 11 A.M.
NOON CLASSES 	SPINNING W/JANICE @12PM ABS W/JANICE @ 12:30 P.M.	SPINNING W/JANICE @12PM ABS W/JANICE @ 12:30 P.M.	SPINNING W/JANICE @12PM ABS W/JANICE @ 12:30 P.M.	SPINNING W/JANICE @12PM ABS W/JANICE @ 12:30 P.M.	SPINNING W/JANICE @12PM ABS W/JANICE @ 12:30 P.M.	QUICK SPIN W/LEO @ 12 P.M. SPINNING
AFTERNOON CLASSES 	CORE & STABILITY BALL TRAINING W/LEO @ 4 P.M.	CORE & STABILITY BALL TRAINING W/LEO @ 4 P.M.	CORE & STABILITY BALL TRAINING W/LEO @ 4 P.M.	CORE & STABILITY BALL TRAINING W/LEO @ 4 P.M.	CORE & STABILITY BALL TRAINING W/LEO @ 4 P.M.	WE CLOSE @ 1 P.M.! SEE YOU MONDAY!
EVENING CLASSES 	SPINNING W/LEO @ 5:30 P.M. CORE & STABILITY BALL TRAINING W/LEO @ 6:15 P.M.	SPINNING W/LEO @ 6 P.M. CORE & STABILITY BALL TRAINING W/LEO @ 6:45 P.M.	SPINNING W/LEO @ 5:30 P.M. CORE & STABILITY BALL TRAINING W/LEO @ 6:15 P.M.	SPINNING W/LEO @ 6 P.M. CORE & STABILITY BALL TRAINING W/LEO @ 6:15 P.M. SELF-DEFENSE W/MANDO @5PM	SPINNING W/LEO @ 5:30 P.M. CORE & STABILITY BALL TRAINING W/LEO @ 6:15 P.M.	PLEASE JOIN OUR CLASSES!

CLASS DESCRIPTION:

AEROBICS = CARDIO TRAINING USING STEP, SLIDE, OR ANY OTHER OVERALL FLOOR WORK

CORE & STABILITY BALL TRAINING = STRETCH, TONE, & STRENGTHENING THE MID SECTION

ABS = ABDOMINAL CRUNCHES ON FLOOR USING VARIOUS ABDOMINAL TECHNIQUES

SPINNING = CARDIO EXERCISE USING STATIONARY V-BIKE

CIRCUIT TRAINING = 30 - 40MINUTES OF CARDIO & WEIGHT TRAINING

SELF-DEFENSE = LEARN PROPER TECHNIQUES ON HOW TO DEFEND YOURSELF AGAINST AN ATTACKER

HOURS OF OPERATION:

MONDAY - THURSDAY 8AM TO 9PM

FRIDAY - 8AM TO 7PM

SAT. - 9AM TO 1PM

SUN. - CLOSED