


December 2011

SPORTS AND FITNESS CENTER

Power Cycling

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Attention				1	2	3
FIP: FITNESS IMPROVEMENT PROGRAMS				1700 NELSON	1200 CURTIS	0900 JENNY
4	5	6	7	8	9	10
	0630 NELSON 1700 CURTIS	1200 CURTIS 1700 KARI	0630 NELSON 1200 CURTIS 1700 LAURA	1700 NELSON	1200 CURTIS	0900 JENNY
11	12	13	14	15	16	17
	0630 NELSON 1700 CURTIS	1200 CURTIS 1700 KARI	0630 NELSON 1200 CURTIS 1700 LAURA	1700 NELSON	1200 CURTIS	0900 JENNY
18	19	20	21	22	23	24
	1600 CURTIS	1600 JILLIAN	1600 NELSON	1600 NELSON	1200 CURTIS	0900 JENNY
25	26	27	28	29	30	31
CLOSED FOR CHRISTMAS	1600 CURTIS	1600 JILLIAN	1600 NELSON	1600 NELSON	1200 CURTIS	0900 JENNY
						

THIS CLASS IS 45 MINUTES LONG AND IS GREAT FOR ALL YOUR CARDIO NEEDS. IT IS TAUGHT IN THE SPORTS AND FITNESS CENTER'S POWER CYCLING ROOM. THIS CLASS WILL HELP RAISE YOUR METABOLISM WHILE INCREASING YOUR FOCUS AND ENDURANCE. THIS IS A HIGH ENERGY CLASS TO HELP MOTIVATE THE STUDENTS.

**FITNESS
CENTER:
702-652-4891**

*** CLASSES OR INSTRUCTORS ARE
SUBJECT TO CHANGE ***