

**Quinnipiac University Recreation  
Fall 2012 Free Group Exercise Classes  
Mt. Carmel Campus**

**Classes begin on Tuesday, September 4<sup>th</sup>**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>12:00-1:00pm</b>  <b>Zumba®</b> <b>Victoria</b>  <b>Studio B</b>	<b>12:30-1:30pm</b>  <b>Go Hard or Go Home</b> <b>Nicole</b>  <b>Studio B</b>	<b>12:00-1:00pm</b>  <b>Yoga</b> <b>Janelle</b>  <b>Studio B</b>	<b>12:30-1:30pm</b>  <b>Bodyblade®</b> <b>Intervals</b> <b>Meghan</b>  <b>Studio B</b>	<b>12:00-1:00pm</b>  <b>Yoga</b> <b>Janelle</b>  <b>Studio A</b>
	<b>4:00-5:00pm</b>  <b>Bootcamp</b> <b>Laura</b>  <b>Studio B</b>	<b>4:00-5:00pm</b>  <b>Pilates</b> <b>Abby</b>  <b>Studio B</b>	<b>4:00-5:00pm</b>  <b>Zumba®</b> <b>Erica R.</b>  <b>Studio B</b>	<b>4:00-5:00pm</b>  <b>Zumba®</b> <b>Emily</b>  <b>Studio B</b>	<b>1:30-2:30pm</b>  <b>Pilates</b> <b>Alyssa</b>  <b>Studio A</b>
<b>5:30-6:30pm</b>  <b>Kickboxing</b> <b>Melissa</b>  <b>Studio A</b>	<b>5:30-6:30pm</b>  <b>Inferno</b> <b>Kickboxing</b> <b>MJ</b>  <b>Studio B</b>	<b>5:15-6:15pm</b>  <b>Glutes, Guts &amp; Guns</b> <b>Julie</b> <b>Studio B</b>	<b>5:00-6:00pm</b>  <b>Pilates</b> <b>Jamie</b>  <b>Studio B</b>	<b>5:00-6:00pm</b>  <b>Totally Toned</b> <b>Danielle</b>  <b>Studio B</b>	
<b>6:30-7:45pm</b>  <b>Yoga</b> <b>Michelle</b>  <b>Studio A</b>	<b>6:30-7:30pm</b>  <b>Zumba®</b> <b>Brittany</b>  <b>Studio B</b>	<b>6:15-7:15pm</b>  <b>Flirty Girl</b> <b>Fitness®</b> <b>Laura</b>  <b>Studio B</b>	<b>6:15-7:15pm</b>  <b>Totally Toned</b> <b>Erin</b>  <b>Studio B</b>	<b>6:15-7:15pm</b>  <b>Yoga</b> <b>Justine</b>  <b>Studio B</b>	
<b>7:30-8:45pm</b>  <b>Zumba®</b> <b>Diane</b>  <b>Studio A</b>	<b>7:30-8:30pm</b>  <b>Flow Yoga</b> <b>Kim</b>  <b>Studio B</b>	<b>7:30-8:30pm</b>  <b>Flow Yoga</b> <b>Domingo</b>  <b>Studio B</b>	<b>7:30-8:45pm</b>  <b>Power Yoga</b> <b>Kelsey</b>  <b>Studio B</b>		