

**Quinnipiac University Recreation  
Fall 2012 Free Group Exercise Classes  
York Hill 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>Saturday</b>
<b>Studio</b>	<b>Schedule</b>					
			4:00-5:00pm <b>Zumba®</b> Jenna		9:00-10:30am <b>SPINNING®</b> <b>into Yoga</b> Kelsey	
	4:00-5:00pm <b>Pilates</b> Jamie	4:00-5:00pm <b>Bodyblade®</b> <b>Total Body Blast</b> Meghan	5:00-6:00pm <b>Interval Training</b> Lauren G.	4:00-5:00pm <b>Bollywood Bootcamp</b> Saba	12:15-1:15pm <b>Pilates</b> Dana	
5:30-6:30pm <b>BodyFit</b> Meg Brady	5:00-6:00pm <b>Zumba®</b> Jenna	5:30-6:30pm <b>Tough Mudder</b> Lauren G.	6:00-6:30pm <b>Power to the Core</b> Lauren	5:15-6:15pm <b>Bodyblade® Intervals</b> Amanda		
6:35-7:35pm <b>Zumba®</b> Emily	6:30-7:30pm <b>Bodyblade® intervals</b> Jonathan	6:30-7:30pm <b>Zumba®</b> Brittany	6:30-7:30pm <b>Advanced Pilates Mat</b> Dana	6:30-7:45pm <b>Yoga Rhythm</b> Kim H.		
7:45-8:45pm <b>Flow Yoga</b> Domingo	7:45-8:45pm <b>Yoga</b> Stef	7:45-8:45pm <b>Iron Yoga</b> Michelle	7:30-8:30pm <b>Yoga</b> Stef			
<b>SPINNING®</b>	<b>SPINNING®</b>	<b>SPINNING®</b>	<b>SPINNING®</b>	<b>SPINNING®</b>	<b>SPINNING®</b>	<b>SPINNING®</b>
	7:15-8:00am <b>SPINNING®</b> Jennalise	7:15-8:00am <b>SPINNING®</b> Laura	7:15-8:00am <b>SPINNING®</b> Alexa	7:15-8:00am <b>SPINNING®</b> Tami		11:00-12:00pm <b>SPINNING®</b> Erica
					9:00-10:30am <b>SPINNING®</b> <b>into Yoga</b> Kelsey	
					3:00-3:45pm <b>SPINNING®</b> Amanda	
4:00-4:45pm <b>SPINNING®</b> Lauren G.	4:15-5:00pm <b>SPINNING®</b> Lindsay C.	4:30-5:15pm <b>SPINNING®</b> Alexa	4:15-5:00pm <b>SPINNING®</b> Sarah	4:30-5:15pm <b>SPINNING®</b> Carly	4:15-5:00pm <b>SPINNING®</b> Brienne	
5:15-6:15pm <b>SPINNING®</b> Sarah	5:30-6:30pm <b>SPINNING®</b> Kelsey		5:30-6:30pm <b>Spinning®</b> Dr. G.	5:45-6:30pm <b>Spinning®</b> Lindsay C.	5:30-6:30pm <b>SPINNING®</b> Joey	
6:45-7:45pm <b>SPINNING®</b> Brianna	7:00-7:45pm <b>SPINNING®</b> Alexa	6:00-7:00pm <b>Spinning®</b> Erin				
		7:30-8:30pm <b>SPINNING®</b> Erica	7:00-7:45pm <b>SPINNING®</b> Kim G.			
8:15-9:00pm <b>SPINNING®</b> Jon J.	9:15-10:00pm <b>SPINNING®</b> Lauren H.	9:15-10:00pm <b>SPINNING®</b> Kim G.	8:30-9:15pm <b>SPINNING®</b> Lauren H.			

To reserve a bike for SPINNING® follow the directions at:

<https://clients.mindbodyonline.com/ASP/home.asp?studioid=13045>