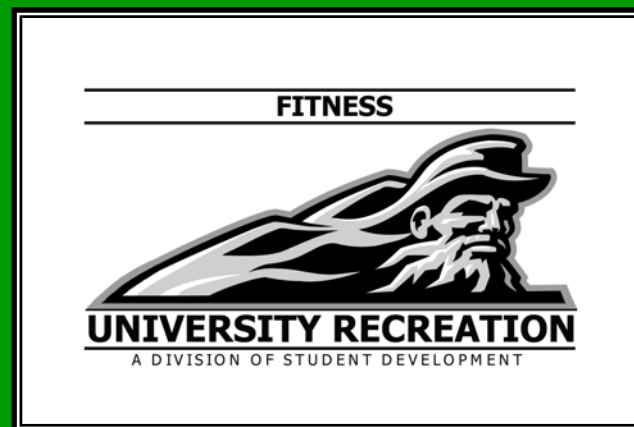


# Group Fitness Class Schedule

Friday			Sunday		
LFC	Quinn	SRC	LFC	Quinn	SRC
7:15-8:15 Yoga Stretch					
12:30-1:30 Tour de France	2:00-3:00 Speed & Agility				
2:30-3:45 Advanced Yoga	3:30-4:30 Total Body Sculpt	3:30-4:30 Pilates	4:15-5:30 Spinyasa	4:15-4:45 Ab Attack	4:45-5:45 Pilates
				5:00-6:00 Beginner Step	6:00-7:15 Beginner Yoga
			5:45-7:00 Yoga	6:15-7:15 Thighs Butt Gutt	
			7:15-8:00 Belly Dancing	7:30-8:00 Ab Attack	

# UNIVERSITY RECREATION

*Fall 2009*



## App Aerobics Group Fitness Class Schedule

Quinn Center: 262.3035  
Mt. Mitchell LFC: 262.8301  
Student Rec. Center: 262.8704  
[www.urec.appstate.edu](http://www.urec.appstate.edu)

Assistant Director for Fitness: Michele Rippey  
828-262-6310, [rippeymd@appstate.edu](mailto:rippeymd@appstate.edu)

