

Group Fitness Schedule July, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 pm A	Pilates Jessica				Pilates Jessica
12:30 pm A		20/20 Katherine		Strengthen n' Tone Ashley	
12:30 pm B		Strengthen n' Tone Ashley No class 7/1			
5:15 pm Rush Hour A	20/20 JK Class on 7/14, 7/28 only	20/20 Amanda	Pilates Jessica	Instructor's Choice Victoria No class 7/3	Strengthen n' Tone Nik No class 7/11
5:15 pm Rush Hour B	Strengthen n' Tone Nik No class 7/7		Strengthen n'Tone Nik No class 7/2 or 7/9		
6:00 pm A		AbsoGlutely Amanda	AbsoGlutely Jessica		AbsoLutely Nik No class 7/11
6:00 pm B	AbsoLutely Nik No class 7/7		AbsoLutely Nik No class 7/2 or 7/9		

For class descriptions, go to www.odu.edu/recsports

Also in July: There will be no classes Friday, July 4, 2008. Happy Independence Day!!!