

Group Fitness Schedule November 1st-November 30th, 2009

Time	Rm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	A	Circuit Training Cynthia F.	Circuit Training Cynthia F.					
9:00 am	A	Pilates Merlinda		Pilates Merlinda No class 11/11	Pilates Merlinda			
10:00 am	A		Belly Dance Rosy No class 11/17	Zumba Genna				
11:00 am	A		Abs and Stretch Heather		Abs and Stretch Heather			
12:00 pm	A	ST Berkley	20/20 Kellie	20/20 Shelia	Kickboxing Linda			
12:00 pm	B	Step I Annmarie				Zumba Genna		
12:15 XP pm	B		Kickboxing Linda		ST Kellie			
12:15 pm	Pool	Aqua Zumba Rosy		Aqua Zumba Rosy				
1:00 pm	A	Pilates Merlinda		Pilates Merlinda No class 11/11				
1:30 pm	A						Zumba Jessica	
2:00 pm	A		Power Pilates Merlinda					
3:00 pm	A		20/20 Berkley			20/20 Kellie	Zumba Genna No class 11/7	Zumba Genna
4:00 pm	A	Zumba Jessica No class 11/2	Bosu Basics Erin	20/20 Nicole	Bosu Basics Erin			
4:00 pm	B		Core Training Dimitria No class 11/24					
5:15 pm RH	A	20/20 JK	Move, Shake, Drop Amanda	Step and Tone Kellie	Zumba Jessica	Zumba Jessica		
5:15 pm RH	B	Zumba Genna	20/20 Samantha	Kickboxing Cynthia F.	ST Amanda/Victoria			
5:00 Pm	Pool	Aqua Aerobics Tatiana		Aqua Aerobics Tatiana				
6:00 pm	A		Zumba Sculpt Rosy	Zumba Rosy	AbsoGlutely Jessica			
6:00 pm	B	20/20 Nicole	Hip Hop Dance Walter	ST Heather	AbsoGlutely Samantha			
6:45 pm	A	Zumba Rosy						
7:00 pm	A		Zumba Jessica	Belly Dance Rosy No class 11/4				
8:00 pm	A		Core Training Dimitria No class 11/24					

All group exercise classes will be held in the Student Recreation Center at 4700 Powhatan Ave and they are listed by room. All cycling, pilates and yoga classes are listed on page two. Please arrive early to class as space may be limited. There is a 5-minute grace period. After 5-minutes you may not enter the class due to liability concern.

In order to participate, you must attend a fitness clinic. Please see the website for days and times that they are available. ST-Strengthen n'Tone. Some classes are limited due to room maximum occupancy or equipment. Each class description is listed on the web site at www.ou.edu/recsports. There will be no classes due to Thanksgiving holiday November 25th-29th. Classes will resume Monday, November 30th, 2009.

Studio Cycling for November 1st-30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am		Beginner Cycle Chris No class 11/24		Beginner Cycle Chris	
9:30 am			Intermediate Cycle Chris	Beginner Cycle Melissa	
10:30 am	Beginner Cycle Chris No class 11/23				Beginner Cycle Chris
12:00 pm	Intermediate Cycle Jill			Intermediate Cycle Jill	
5:15 pm	Beginner Cycle Jaime	Beginner Cycle Jill	Beginner Cycle Jaime		Beginner Cycle Melissa
6:00pm			Intermediate Cycle Jill	Intermediate Cycle Amanda	

Yoga ,Pilates ,and Tai Chi for November 1st-30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am				Yoga Ashley No class 11/19	
8:00 am	Yoga Erin		Yoga Erin		Belly Dance Yvonne
12:30 pm	Yoga Jennifer	Yoga Erin	Vinyasa Jennifer	Yoga Erin	Yoga Erin
2:00 pm	Power Pilates Merlinda	Yoga Ashley	Yoga Jennifer		Power Pilates Merlinda
5:00 pm		Pilates Jessica	Belly Dance Yvonne	Core and Stretch Amanda	
6:00 pm	Tai Chi Tom		Yoga Tiffani		
6:30 pm				Yoga Aimee No class 11/12	