

**University of Florida Department of Recreational Sports
Group Fitness Schedule Fall 2009**

Student Recreation and Fitness Center								
Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	SR 2	Yoga for Runners Meaghan		Gentle Yoga Tara/Meaghan		Gentle Yoga Meaghan		
11:30 AM	SR 1		Tai Chi Eric		Tai Chi Eric			
11:45 AM	SR 2	Kickboxing Gaby F	Total Body Kelsey	Kickboxing Sara B	Total Body Vicki	Turbokick™ Tricia	Total Body Ken	
1:00 PM	SR 2	Iron Yoga Sara B		Iron Yoga Sara B			Hatha Yoga Tiffany	
3:00 PM	SR 1		Pilates Darcie		Pilates Darcie			
3:00 PM	SR 2	Total Body Lauren P		Total Body Dana		Total Body Tilton		
4:00 PM	SR 2	Sports Stretch (30) Lauren P	Interval Training Sarah T	Sports Stretch (30) Dana	Interval Training Sarah T	Sports Stretch (30) Tilton		Partner Yoga Alyssa & Ashton
4:15 PM	SR 1	Interval Training Amye	Step Vicki		Advanced Step Steph U			
5:15 PM	SR 2	Zumba® Gina	Zumba® Chelsey	Zumba® Gina	Cardio Tease Jackie Jo	Zumba® Gina	Kickboxing Akeelah	Turbokick™ Tricia
5:30 PM	SR 1	Ashtanga Yoga Tiffany	Box Bootcamp Steph U	Pilates Megan	Box Bootcamp Steph J			
5:00 PM	FL Pool		Coached Swim Reid		Coached Swim Reid			
5:30 PM	SR LOBBY	Stadiums Club Steph U & Ken	Stadiums Club Ken & Steph J	Stadiums Club Courtney & Amye	Outdoor Club Ken & Paola			
6:30 PM	SR 2	Turbokick™ Amanda	Total Body Ashley	Turbokick™ Melanie	Total Body Erica		Core (30) Akeelah	Total Body Mariely
7:00 PM	SR 1	Total Body Melanie	Zumba® Patricia	Gliding Erica	Zumba® Patricia			Zumba® Chelsey
7:45 PM	SR 2	Core (30) Amanda	Kickboxing Mariely	Core (30) Melanie	Kickboxing Melissa			
8:15 PM	SR 1	Advanced Step Juliana		Step Jackie Jo				
8:30 PM	SR 2	Urban Hip Hop Lauren B/Chelsey		Urban Hip Hop Raquel				
9:00 PM	SR 2		Power Yoga Tiffany		Hatha Yoga Ashton			

Southwest Recreation Center								
Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 AM	SW E	Cycle (45) Paola		Cycle (45) Darcie		Muscle Confusion Sarah T		
8:15 AM	SW E		Vinyasa Yoga Catherine		Vinyasa Yoga Catherine			
10:15 AM	SW E		Cycle (45) Courtney		Cycle (45) Lauren B		Advanced Cycle (45) Ashley	
11:15 AM	SW E	Total Body Steph J	BOSU® Pilates Meaghan	Total Body Steph J	BOSU® Pilates Tara	Total Body Ashley	Power Yoga Alyssa	
12:30 PM	SW E	Cycle (30) Tali		Cycle (30) Gaby F		Cycle (30) Melanie		Cycle (45) Tali
1:15 PM	SW E	Core (30) Tali		Core (30) Gaby F		Core (30) Melanie		
2:45 PM	SW E					BOSU® Body Steph U		Total Body Courtney
4:00 PM	SW E	Box Bootcamp Akeelah	Muscle Confusion Mario	Box Bootcamp Tilton	Muscle Confusion Jeremy	Cycle (60) Sara E	Cycle (45) Kelsey	Cycle (60) Lauren P
5:00 PM	SW Court 1	SAQ Training Mario & Tilton		SAQ Training Mario & Ashley				
4:30 PM	SW W		Capoeira Aly		Capoeira Aly			
5:15 PM	SW E		BOSU® Conditioning Amye	Cycle (60) Juliana	BOSU® Conditioning Sara B	Cardio Tease Lauren B		BOSU® Conditioning Ashley
6:30 PM	SW E	Ride + Relax (75) Gaby B	Advanced Cycle Juliana	Ride + Relax (75) Gaby B	Advanced Cycle Mario			Advanced Cycle Sara E
8:00 PM	SW E	BOSU® Body Sarah T	Cycle (45) Tali	BOSU® Conditioning Sarah T	Cycle (45) Lauren P			
9:15 PM	SW E	Cycle (45) Kelsey		Cycle (45) Kelsey				

Fitness Classes are color coded by format

	Cycling		Mind/Body
	Dance		Cardio
	Outdoor		Strength

For more information regarding group fitness schedule & class descriptions visit:

RecSports.ufl.edu or the Facilities & Programs Guide