



Fitness Instructional Programs

FIP programs are prepaid exercise classes. Participants must register. **See website below for details!** Students simply fill out registration online and enjoy the class!

	CLASS	LOCATION	INSTRUCTOR
MONDAY 11:15am-12:15pm 12:15pm-1:00pm 5:15pm-6:15pm 6:30pm-7:30pm	Beginner Yoga Body Pump™ Xpress FIT Fusion Evening Yoga	Rm 107 Rm 203 Rm 203 Rm 203	Juan Jackie Sharry/Karen Sharry
TUESDAY 7:00am-8:00am 11:15am-12:15pm 12:15pm--1:00pm 12:30pm-1:15pm 5:15pm-6:15pm 5:15pm-6:15pm 5:15pm-6:30pm 6:30pm-7:30pm	Cardio Sculpt Yoga Flow Lunch Zumba Lunch Yoga CORE Pilates Splash and Burn Body Pump™ Cycle and Abs	Rm 203 Rm 107 Rm 203 Rm 107 Rm 107 Pool Rm 203 Rm 107	Sharry Ann Marie Jackie Lynda Karen Jason Sandee Sandee
WEDNESDAY 11:15am-12:15pm 11:15am-12:00pm 12:15pm-1:00pm 12:15pm-1:15PM 5:15pm-6:15pm 6:30pm-7:30pm	Beginner Yoga Circuit Training Body Pump™ Xpress Yoga FIT Fusion Bootcamp Cardio	Rm 107 Floor Rm 203 Rm 107 Rm 203 Rm 203	Juan Ike Jackie Jay Sharry/Karen Karen
THURSDAY 7:00am-8:00am 11:15am-12:15pm 12:15pm--1:15pm 12:30pm-1:15pm 5:15pm-6:15pm 5:15pm-6:30pm 5:30pm-6:30pm 6:30pm- 7:30pm 6:30pm-7:30pm	Cardio Sculpt Yoga Flow Lunch Zumba Lunch Yoga CORE Pilates Body Pump™ Splash and Burn Hatha Yoga Cycle and Abs	Rm 203 Rm 107 Rm 203 Rm 107 Rm 107 Rm 203 Pool Rm 203 Rm 107	Sharry Ann Marie Jackie Lynda Karen Sandee Jason Juan Sandee
FRIDAY 12:15am-1:15 am 12:30pm- 1:30 pm	Yoga Thai Chi	Rm 203 Rm 107	Jay Jonathon
SUNDAY 4:40pm-6:00pm 2:00pm-3:00pm	Dance II Belly Dance II	Rm 203 Rm 203	Weeks 10/4-11/01 Clark-Hines 9/27-10/25

FIP Classes are Free for Students! All other participants must register.
 To register and view classes visit : <http://activenet8.active.com/thinkagain/>

