

# TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*6:00 am* <b>Early Bird Fitness</b> (TigeRec-60 min) Zona Major	*6:00 am* <b>Early Bird Fitness</b> (TigeRec-60 min) Zona Major	*6:00 am* <b>Early Bird Fitness</b> (TigeRec-60 min) Zona Major	*6:00 am* <b>Early Bird Fitness</b> (TigeRec-60 min) Zona Major	*6:00 am* <b>Early Bird Fitness</b> (TigeRec-60 min) Zona Major	
				*12:00pm* <b>Pilates</b> (aerobics rm-45 min) Kelly Dudley	*10:30am* <b>Kickboxing</b> (aerobics rm-60 min) Betsy Leonard	
	*4:30 pm* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke		*4:30 pm* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*4:30 pm* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*4:30 pm* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	
		*5:30 pm* <b>Yoga Group Practice</b> (aerobics rm-60 min) Danielle Chernault				
*6:00 pm* <b>Zumba®</b> (aerobics rm-45 min) Betsy Leonard			*6:00 pm* <b>Zumba®</b> (aerobics rm-45 min) Betsy Leonard	*6:15 pm* <b>Aqua Zumba®</b> (pool-60 min) Patsy Watson		
	*7:00 pm* <b>Okinawan Karate</b> (aerobics rm-60 min) Austin Galeski	*7:00 pm* <b>Okinawan Karate</b> (aerobics rm-60 min) Austin Galeski	*7:00 pm* <b>Okinawan Karate</b> (aerobics rm-60 min) Austin Galeski	*7:00 pm* <b>Okinawan Karate</b> (aerobics rm-60 min) Austin Galeski		
			*8:00 pm* <b>Club Yoga</b> (aerobics rm-60 min) Jonas Wood woodj@hsc.edu	*8:00 pm* <b>Club Yoga</b> (aerobics rm-60 min) Jonas Wood woodj@hsc.edu		

For more information regarding the group fitness classes, contact Betsy Leonard  
434.223.7221    eleonard@hsc.edu