

# TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			*6:45 am* <b>Reserved-Varsity Basketball</b> (aerobics rm-60 min)			
	*9:15 am* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*9:15 am* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*9:15 am* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*9:15 am* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	*9:15 am* <b>ABC Toning</b> (aerobics rm-60 min) Debbie Stracke	
			*12:00pm* <b>Pilates</b> (aerobics rm-60 min) May Reed		*12:00pm* <b>Kickboxing</b> (aerobics rm-60 min) Betsy Leonard	
	*7:00 pm* <b>Zumba®</b> (aerobics rm-45 min) Betsy Leonard			*7:00 pm* <b>Zumba®</b> (aerobics rm-45 min) Betsy Leonard		

For more information regarding the group fitness classes, contact Betsy Leonard  
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