

TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	
		5:30 pm Yoga (aerobics rm-60 min) Sue Carter				
	7:00 pm Zumba® (aerobics rm-45 min) Betsy Leonard			*7:00 pm* Zumba® (aerobics rm-45 min) Betsy Leonard		

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