



# Spring 1 2012 Group X

Jan 23—Mar 9



FREE—WEEK 1/23/12—1/27/12—FREE

	Monday	Tuesday	Wednesday	Thursday
6:30-7:30am	T90x	T90x	T90x	T90x
	<i>Wt. Room</i>	<i>Wt. Room</i>	<i>Wt. Room</i>	<i>Wt. Room</i>
6:30-7:30am	Sunrise Yoga		Sunrise Yoga	
	<i>rm. 225</i>		<i>rm. 225</i>	
12:10-12:50pm	Spin	Pilates	Zumba	PILOXING
	<i>rm. 223</i>	<i>rm. 225</i>	<i>rm. 225</i>	<i>rm. 225</i>
12:10-12:50pm	teXanFit*	Step N Flow	teXanFit*	Jump Circuit
	<i>Wt. Room</i>	<i>Rm 223</i>	<i>Wt. Room</i>	<i>Rm 223</i>
4:30-5:30pm	Jump Circuit	Spin	Step N Flow	Turbo Kick
	<i>rm. 225</i>	<i>rm. 223</i>	<i>rm. 225</i>	<i>rm. 225</i>
5:00 - 6:00pm	T90x	T90x	T90x	T90x
	<i>Wt. Room</i>	<i>Wt. Room</i>	<i>Wt. Room</i>	<i>Wt. Room</i>
5:30-6:30pm	Muscle Blast	Turbo Kick	Circuit	Jump Circuit
	<i>rm. 225</i>	<i>rm. 225</i>	<i>rm. 225</i>	<i>rm. 225</i>
6:30-7:30pm	Zumba	PiYo Strength	Sing-A-Long Spin	Muscle Blast
	<i>rm. 225</i>	<i>rm. 225</i>	<i>rm. 223</i>	<i>rm. 223</i>
7:30-8:30pm	STAR	20-20-20	Kickboxing	
	<i>rm. 223</i>	<i>rm. 225</i>	<i>rm. 225</i>	
7:30-8:30pm			So You Think You Can Swing Dance?	So You Think You Can Swing Dance?
			<i>rm. 225</i>	<i>rm. 225</i>
8:30-9:30pm		Yoga		Yoga
		<i>rm. 225</i>		<i>rm. 225</i>

Friday
12:10-12:50pm
Yoga
<i>rm. 225</i>
Saturday
10:30 - 11:30 am
Instructor's Choice
<i>rm. 225</i>

FREE—NOON CLASSES—FREE

\*teXanFit is a fee based program and requires advance sign up.

[www.tarleton.edu/recsports](http://www.tarleton.edu/recsports)

Must be a current RSC member