

2014 New Student Days Schedule

Recreational Athletics Group Exercise

September 15-19



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Morning</i>	BODYPUMP™ 6:30-7:15pm GENE RM 218	CYCLE 45 6:30-7:15am NICOLE RM 216	BODYPUMP™ 6:30-7:15pm GENE RM 218	CYCLE 45 6:30-7:15am MEL RM 216		<i>Morning</i>
<i>Afternoon</i>	BODYPUMP™ 12-12:45pm LAUREN RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	BODYPUMP™ 12-12:45pm KAREN RM 218	<i>Afternoon</i>
		CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218	KETTLEBELL 12-12:30pm ALMA 3rd Floor	CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218	CYCLE 45 12-12:45pm LAUREN RM 216	
			BODYCOMBAT™ 12:30-1:30pm JOHANNA RM 218			
<i>Evening</i>	CYCLE 60 5:30-6:30pm LAUREN RM 216	BODYPUMP™ 5:30-6:30pm LAUREN RM 216	ZUMBA 5:30-6:30pm LESLIE RM 216	CYCLE 60 5:30-6:30pm MEL RM 216	BODYPUMP™ 5-6pm MEL RM 218	<i>Evening</i>
	BODYPUMP™ 5:30-6:30pm COLLEEN RM 216	CYCLE 60 5:30-6:30pm MEL RM 216	YOGA 6-7pm PEGGY RM 218	ZUMBA 6-7pm AVERY RM 216		

Any questions or comments please contact Fitness@drexel.edu