

# Kinesiology Aerobic Fitness Classes

## Fall 2013

	Mon	Tue	Wed	Thur
7:00	<b>Hatha Yoga</b> (KNAC-150) <b>Alex</b> W-107 <b>7:30 - 8:55</b>		<b>Hatha Yoga</b> (KNAC-150) <b>Alex</b> W-107 <b>7:30 - 8:55</b>	
8:00				
9:00				
10:00	<b>Cardio Kickboxing</b> W-107 Dave <b>10:00 - 10:55</b>	<b>Cardio Pump</b> Kim W-107 <b>10:00 - 11:25</b>	<b>Cardio Kickboxing</b> W-107 Dave <b>10:00 - 10:55</b>	<b>Cardio Pump</b> Kim W-107 <b>10:00 - 11:25</b>
11:00	<b>Beg. Stability Ball</b> Dave W-107 <b>11:00 - 12:25</b>	<b>Cross Training</b> Juli G-103 <b>11:30 - 12:55</b>	<b>Beg. Stability Ball</b> Dave W-107 <b>11:00 - 12:25</b>	<b>Cross Training</b> Juli G-103 <b>11:30 - 12:55</b>
12:00				
1:00	<b>Stretch, Flex &amp; Tone</b> Juli W-107 <b>1:00 - 2:25</b>	<b>Walk-Jog</b> Track 1:00 - 1:55 AI	<b>Stretch, Flex &amp; Tone</b> Juli W-107 <b>1:00 - 2:25</b>	<b>Walk-Jog</b> Track 1:00 - 1:55 AI
2:00				
5:00	<b>Beg. Cardio Kickboxing</b> Andrea W-107 <b>5:45 - 7:15</b>		<b>Beg. Cardio Kickboxing</b> Andrea W-107 <b>5:45 - 7:15</b>	
6:00				
7:00				