

FALL into FITNESS UIS

*Campus Rec has the right to cancel any class due to lack of participation

*No classes on Labor Day (September 3)

*No classes during Thanksgiving break

Aug. 27 - Dec. 15

Monday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	Cardio & Strength	Alex C.
6:15-6:45pm	Express Abs	Jordan K.
7-7:50pm	HIIT	Jordan K.

Tuesday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
6:30-7:20am	Yoga	Jasmine S.
12-12:50pm	Yoga	Ellyn B.
5-5:50pm	Kickboxing	Jasmine S.
6-6:50pm	Zumba	Linda H.
7-7:50pm	Body Blast	Taylor D.

Wednesday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	Cardio & Strength	Alex C.
4-4:50pm	Kickboxing SD	Scott M.
5-5:50pm	WERQ Hip Hop	Jasmine S.
6-6:50pm	Yoga	Renee C.
7-7:50pm	HIIT	Jordan K.

Thursday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
6:30-7:20am	Kickboxing	Jasmine S.
12-12:50pm	Cycle Fit	Talon T.
6-6:50pm	Zumba	Diane M.
7-7:50pm	Body Blast	Taylor D.

Friday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	Body Blast	Taylor D.

Saturday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
10:00-10:50am	Kickboxing	Jasmine S.

CAMPUS RECREATION
UNIVERSITY OF ILLINOIS SPRINGFIELD

