




FINALS Spring 2008

KU Fit Spring 2008

	Sun – May 11	Mon – May 12	Tues – May 13	Wed – May 14
12-12:55 pm		JUST LIFT. Sheryl	Yoga Amanda P.	JUST LIFT. Jennifer
3:00- 3:40 pm		Butz n' Gutz Amanda T.	Pilates Lexi	Cardio X-Train Jenna
3:45-4:25 pm		Power Yoga Brandon	Interval Step Sheryl	Butz n' Gutz Amber
4:30-5:25 pm		BOSU Stacey	Cardio Kickbox Stacey	BOSU Rachel
5:30-6:25 pm	Pilates Dhyana (5-5:55)	Cardio X-Train & Core Rachel	JUST LIFT. Heather	Cardio Dance Party Lexi
6:30-7:25 pm	Cardio X-Train Landra (6-6:55)	ZUMBA! Victoria	Completely Core Jennifer (6:30-6:55)	JUST LIFT. Melanie
7:30-8:25 pm	Rock Bottom (7-7:25) Landra	JUST LIFT. Laura	Yoga Fundamentals Jackie (7-7:55)	ZUMBA! Victoria
	Yoga (7:25-8:15) Amanda			

KU Fit Group Fitness Policies:

1. All classes are subject to change of instructor, format, class time or cancellation.
2. KU Fit Identification/Fee cards are required in order to participate in ALL KU Fit classes. Those without cards will not be allowed to participate. Please purchase cards or single class passes in the administrative office of the SRFC. Passes are non-transferable and non-refundable.
3. Classes begin promptly on time. Please arrive approximately five minutes prior to start time in order to prepare. First come, first serve. Limit 40 participants, BOSU: limit 15. Just Lift: limit: 20.
4. All classes are held in room 114/115 KU SRFC. Participants must have access to fitness center in order to participate in KU Fit classes.