

RocketEx

Spring 2018 Jan. 16 - May 4



DIVISION OF STUDENT AFFAIRS
 THE UNIVERSITY OF TOLEDO
 Office of Recreational Services

Student Recreation Center (Main Campus)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00 am Rocket Cycle Nikki (CR)	6:15-7:00 am Rocket Cycle Olivia (CR)	6:15-7:00 am Rocket Cycle Nikki (CR)	6:15-7:00 am Rocket Cycle Holly (CR)	6:15-7:00 am Turbo Kick Olivia (FS)	10:00-11:00 am Pilates Kayla (WR)
12:00-12:45pm PiYo Shelly (WR)	5:15-5:30 pm Six Pack Attack Michelle(FS)	12:00-1:00 pm Yoga Rebecca (FS)	11:00-12:00 pm Yoga Christy (FS)	12:00-1:00 pm Yoga Beka (FS)	
4:45-5:45 pm Cardio Drumming Waverley (FS)	5:30-6:30 pm TRX Lindy (TRX)	4:30-5:30 pm Rocket Cycle Holly (CR)	12:15-1:15 pm Yoga Christy (FS)	6:30-7:30 pm Zumba Paola (FS)	
6:00-7:00 pm PiYo Anne (FS)	5:30-6:30 pm 20/20/20 Michelle(FS)	5:30-6:30 pm Yoga Beka (FS)	5:15-5:30 pm Six Pack Attack Michelle (FS)		
6:00-7:00 pm Rocket Cycle Olivia (CR)	6:30-7:30 pm Zumba Kate (FS)	6:30-7:30 pm Pilates Kayla	5:30-6:15 pm Thrive in 45 Michelle (FS)		
7:00-8:00 pm Zumba Paola (FS)		7:30-8:30 pm Zumba Kate (FS)	6:00-7:00 pm PiYo Anne (WR)		
			6:15-7:15 pm Zumba Brooke (FS)		
			7:00-8:00pm Water Line Dancing Waverley (Pool)		
			8:30-9:30pm Urban Line Dancing Waverley (FS)		

SCHEDULE SUBJECT TO CHANGE!



SCAN THE QR CODE AND FOLLOW ON TWITTER FOR CLASS CANCELLATIONS

CR - Cycling room
 FS- Fitness Studio
 LP - Leisure Pool
 TRX - TRX Area
 WR - Willow Room

You can now register online through the UTRec website @ UTRECCENTER.COM

Morse Fitness Center (Health Science Campus)

Monday	Tuesday	Wednesday	Thursday	Friday
11:15am-12:15pm Yoga Rebecca	12:00-12:30 pm Trackside Rocket Wellness	6:15-7:00 am Rocket Cycle Holly	11:30 am-12:15 pm Rocket Cycle Olivia	12:00 - 12:45 pm Yoga Rebecca
4:30-5:30 pm Kickboxing Shelly	5:30-6:30 pm Zumba Brooke	12:00-12:30 pm TRX Conditioning Andrea	5:30-6:30 pm Cardio Drumming Waverley	4:30-5:30 pm Kickboxing Shelly
5:30-6:30 pm Bootcamp Melissa	7:30-8:30 pm Urban Line Dancing Waverley	12:30-1:30 pm PiYo Shelly		
		4:30-5:30 pm Cycling Erin		



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 419.530.3700 (SRC)
 419-383.5370 (MORSE)
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