

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:40 a.m.		<b>Spinning®</b> Cycling Room Andrea		<b>Spinning®</b> Cycling Room Sarah			
10:15 a.m.						<b>Spinning®</b> Cycling Room Emily K.	
12:00 p.m.	<b>Zumba®</b> Aerobics Room Maria	<b>Hip Hop Hustle™</b> Aerobics Room Jessica	<b>20/20/20</b> Aerobics Room Britt R.	<b>NEW Fit Club*</b> Aerobics Room Jessica	<b>Turbo Kick®</b> Aerobics Room Ann / Zach	<b>NEW Fit Club*</b> Aerobics Room	
12:00 p.m.	<b>Spinning®</b> Cycling Room Angie/ Jacalyn	<b>PiYo Strength™</b> Willow Room Lea	<b>Spinning®</b> Cycling Room Laine	<b>PiYo Strength™</b> Willow Room Lea			
4:15 p.m.	<b>20/20/20</b> Aerobics Room Kristen	<b>Turbo Kick®</b> Aerobics Room Ashley H.	<b>20/20/20</b> Aerobics Room Kaiti	<b>Zumba®</b> Aerobics Room Matt			
5:15 p.m.		<b>Waves</b> Lap Pool Jen		<b>Waves</b> Lap Pool Jen			
5:15 p.m.	<b>Core-15</b> Aerobics Room Sarah	<b>Core-15</b> Aerobics Room Ashley H.	<b>Core-15</b> Aerobics Room Jordan	<b>Core-15</b> Aerobics Room Erin G.			<b>Core-15</b> Aerobics Room Britt R.
5:30 p.m.	<b>Turbo Kick®</b> Aerobics Room Sarah/ Kyle	<b>20/20/20</b> Aerobics Room Marci	<b>Turbo Kick®</b> Aerobics Room Jordan/ Jop	<b>20/20/20</b> Aerobics Room Erin G.			<b>Boot Camp</b> Aerobics Room Britt R.
5:45 p.m.	<b>PiYo Strength™</b> Willow Room Erin N.	<b>PiYo Strength™</b> Willow Room Erin N.	<b>PiYo Strength™</b> Willow Room Andrea	<b>Pilates™</b> Willow Room Britt W.	<p><b>Follow Us On Facebook &amp; Twitter!</b></p> <p><b>Facebook: UT Wellness Center</b></p> <p><b>Twitter: @utoledosrc</b></p>		
5:45 p.m.	<b>Spinning®</b> Cycling Room Andrea	<b>Spinning®</b> Cycling Room Sarah	<b>Spinning®</b> Cycling Room Emily K.	<b>Spinning®</b> Cycling Room Katlin K.			
6:40 p.m.	<b>Cardio Xtreme</b> Aerobics Room Kaiti	<b>Turbo Kick®</b> Aerobics Room Jordan	<b>Boot Camp</b> Aerobics Room Kristen	<b>Hip Hop Hustle™</b> Aerobics Room Daniella	<b>Spring Fling Saturday February 4th @ Noon</b>		
7:45 p.m.	<b>Turbo Kick®</b> Aerobics Room Ashley M. /Sara G.	<b>Cardio Xtreme</b> Aerobics Room Ann	<b>20/20/20</b> Aerobics Room Christina		<b>2 Fit 2 Quit Saturday March 24th @ Noon</b>		

Wellness Center 419.530.3702

No Rocket-Ex classes January 14th- 16th & March 3rd-11th & April 7th-8th  
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