

**Miami University Recreational Sports Center  
Group Fitness Finals Week Schedule  
Saturday, May 3 - Sunday, May 11**

**Saturday, May 3**

Time	Class	Room
8:45-9:45 a.m.	Pilates	A
9:00-10:15 a.m.	Step & Sculpt	B
10:00-11:00 a.m.	Spinning®	A
10:30-11:45 a.m.	Yoga 101	B
11:15 a.m.-12:15 p.m.	Pilates	A
12:15-1:30 p.m.	Vinyasa Yoga 3	B
2:00-3:00 p.m.	Spinning®	A
3:00-4:00 p.m.	Kickboxing	B
3:15-4:15 p.m.	Step & Sculpt	A
4:15-5:15 p.m.	Total Body Tone	B

**Sunday, May 4**

10:15-11:15 a.m.	Spinning®	A
12:15-1:15 p.m.	Vinyasa Yoga 1	B
2:45-3:45 p.m.	Pilates	B
5:30-6:30 p.m.	Vinyasa Yoga 2	B
6:30-7:30 p.m.	Spinning®	A
7:45-8:35 p.m.	Cardio Tone	A
8:00-9:00 p.m.	Pilates	B
9:15-10:15 p.m.	ZUMBA	B
8:45-9:45 p.m.	Spinning®	A

**Monday, May 5**

6:15-7:15 a.m.	Spinning®	A
8:00-9:00 a.m.	Vinyasa Yoga 2	B
9:45-10:45 a.m.	Spinning®	A
11:00-11:45 a.m.	Total Body Tone	B
12:15-1:15 p.m.	Step & Sculpt	A
4:15-5:15 p.m.	Spinning®	A
5:30-7:00 p.m.	Yoga	B
7:00-7:45 p.m.	Cardio Blast	A
7:15-8:15 p.m.	Total Body Tone	B
8:00-8:30 p.m.	Hard Core	A
8:45-9:30 p.m.	Pilates	A
9:45-10:45 p.m.	Kickboxing	B

**Tuesday, May 6**

8:00-9:00 a.m.	Yoga Pilates	B
9:15-10:15 a.m.	ZUMBA	B
9:30-10:45 a.m.	SPINPilates®	A
11:00-11:45 a.m.	Total Body Tone	B
12:00-1:00 p.m.	Vinyasa Yoga 2	B
12:15-1:15 p.m.	Spinning®	A
1:15-1:45 p.m.	Awesome Arms	B
2:45-3:45 p.m.	Pilates	B
5:15-6:15 p.m.	Spinning®	A
5:30-6:30 p.m.	Vinyasa Yoga 1	B
8:00-9:00 p.m.	Total Body Tone	B

**Wednesday, May 7**

6:15-7:15 a.m.	Spinning®	A
8:00-9:00 a.m.	Vinyasa Yoga 2	B
10:00-11:00 a.m.	Spinning®	A
12:00-1:00 p.m.	Vinyasa Yoga 1	B
1:15-2:15 p.m.	Step & Sculpt	A
2:30-3:00 p.m.	Hard Core	B
3:30-4:00 p.m.	Awesome Arms	A
5:30-6:30 p.m.	Vinyasa Yoga 2	B
5:30-6:45 p.m.	Step & Sculpt	A
7:00-7:45 p.m.	Cardio Blast	A
8:00-8:30 p.m.	Hard Core	B
8:15-9:15 p.m.	Spinning®	A
10:00-11:00 p.m.	Jazzercise	B

**Thursday, May 8**

8:00-9:00 a.m.	Yoga Pilates	B
9:30-10:45 a.m.	SPINPilates®	A
11:00-11:45 a.m.	Total Body Tone	B
12:00-1:00 p.m.	Vinyasa Yoga 2	B
12:05-1:05 p.m.	Spinning®	A
2:30-3:30 p.m.	Spinning®	A
5:15-6:15 p.m.	Spinning®	A
5:30-6:30 p.m.	Relaxation Yoga*	B
6:45-8:00 p.m.	Vinyasa Yoga 3	B
7:30-8:30 p.m.	Total Body Tone	A
8:45-9:45 p.m.	Kickboxing	B

**Friday, May 9**

6:15-7:15 a.m.	Spinning®	A
8:00-9:00 a.m.	Vinyasa Yoga 2	B
9:30-10:30 a.m.	Pilates	B
11:00 a.m.-12:00 p.m.	Spinning®	A
12:00-12:50 p.m.	Total Body Tone	B
12:15-1:15 p.m.	Step & Sculpt	A
5:30 - 6:30 p.m.	Vinyasa Yoga 2	B
5:30-6:30 p.m.	Abs,Glutes&Thighs	A

**Saturday, May 10**

8:45-9:45 a.m.	Pilates	A
9:00-10:15 a.m.	Step & Sculpt	B
10:00-11:00 a.m.	Spinning®	A
10:30-11:45 a.m.	Yoga 101	B
12:15-1:30 p.m.	Vinyasa Yoga 3	B
3:00-4:00 p.m.	Kickboxing	B
4:15-5:15 p.m.	Total Body Tone	B

Please view  
[www.muohio.edu/groupfitness](http://www.muohio.edu/groupfitness) or  
call (513) 529-1946 for class  
changes. Class Schedule may  
change with out notice.

**Sunday, May 11**

10:15-11:15 a.m.	Spinning®	A
12:15-1:15 p.m.	Vinyasa Yoga 1	B
2:30-3:30 p.m.	Abs, Glutes & Thighs	A
4:00-5:15 p.m.	Step and Sculpt	B
5:30-6:30 p.m.	Vinyasa Yoga 2	B

**\*Relaxation Yoga**

Take a break during this busy time of year to relax. This class includes tension-releasing yoga strecthes followed by a deep relaxation period guided by the instructor. Appropriate for all levels as well as folks unfamiliar with yoga. Wear loose-fitting clothes.

**RSC Closed**

May 12-18

May 25-26

July 4

August 4-17

August 24

**SUMMER 2008**

Monday, May 19 -

Saturday, August 23

View the schedule online at

[www.muohio.edu/  
groupfitness](http://www.muohio.edu/groupfitness)

**All Group Fitness  
Classes FREE**

Monday, May 19-Sunday, May 25



To attend classes on the drop-in schedule (this page), you must purchase a pass. Pass prices and class descriptions are available online at [www.muohio.edu/groupfitness](http://www.muohio.edu/groupfitness)