



FALL BREAK

OCTOBER 16-20



GROUP FITNESS / MIND • BODY CLASSES

	OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19	OCTOBER 20	
	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	
6:15A-7:00A	NORMAL CLASS SCHEDULE PLEASE SEE FULL FALL 09 SCHEDULE	NO CLASSES	NO CLASSES	Power Pump	REV	
12:00P-1:00P				Fitness Yoga	Pilates Mat	
12:10P-12:50P				Power Pump	Definition	
12:10P-1:00P					Definition	
4:00P-5:00P					Turbo Kick™	
5:15P-6:00P					REV	In Too Deep
5:35P-6:35P					Vinyasa Yoga	
5:40P-6:25P						Power Pump
6:45P-7:45P						

FITCARD HOLDERS MAY ATTEND MIND • BODY CLASSES ON THESE DAYS.

YOGAPASS HOLDERS MAY ATTEND GROUP FITNESS CLASSES ON THESE DAYS.

ROOM LOCATION KEY

CREC FITNESS ROOM	Grey
ECAB FITNESS ROOM	Yellow
CREC THE STUDIO	Purple
CREC COMBATIVE ARTS RM	Green
MABL POOL	Blue

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