

2010 Spring Semester/ RECREATIONAL SPORTS

Effective Monday, Jan. 11, 2010

HHS/Arena

Arena Pool - M-F 11AM-1:00PM (lap swim only)

North Gym - M-F 6-9PM

Sat - 9AM - 12Noon / **Sun** - 6- 9PM

Racquetball Courts & Sauna - M-F 4-9PM

Sat - 9AM - 12Noon / **Sun** - 6- 9PM

SRC - Student Rec Center

SRC Pool

M-W-F 6-8AM

M-F 11AM-9PM

Sat 9AM- 9PM

Sun 12 - 9PM

SRC Building Hours

M- F 6AM-12AM

Sat 9AM- 10PM

(Family Hours 9AM - 5PM)

Sun - 12NOON - 12AM

(Family Hours 12 - 5PM)

Group X Classes*

(effective Mon., Feb. 15, 2010)

Time	Mon	Tue	Wed	Thurs	Fri	Sat
6:00AM	Cycle	Cycle	Cycle	Cycle		
9:00AM						Zumba
10:00AM						Yoga
11:00AM	Senior Splash		Senior Splash		Senior Splash	
12:00PM	Cycle	Cardio H2O Yoga Cycle	Cycle	Cardio H2O Yoga Cycle	Water Yoga Cycle	
5:00PM	NEW! BodyPump	Zumba Grappling	Power Ball Water Fit	Zumba Grappling		
6:00PM	ABSolutely Cycle	Kickboxing	Step It Up Cycle	NEW! BodyPump		
7:00PM	Zumba		NEW! BodyPump			

ALL water classes take place in the SRC Pool

All other classes take place in the SRC Group X Rooms (upstairs)

*Classes may be canceled due to low attendance.

The staff at the fabulous ISU SRC welcomes you!

~ **BODYPUMP Classes ARE HERE!!** ~

