### HPER FOR FITNESS AEROBIC SCHEDULE

Starting March 28  
Ending May 7  
Where: Whitney Complex

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday 3/28/12</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
</table>
| **Group Exercise:**<br>Time: 6:15-7:15 a.m.<br>Instructor: Celina Clark<br>Location: Dance Rm #113 | **Yoga:**<br>Time: 6:15-7:15 a.m.<br>Instructor: Adriana Hill<br>Location: Dance Rm 113 | **Group Exercise:**<br>Time: 6:15-7:15am.<br>Instructor: Celina Clark<br>Location: Dance Rm 113 | **Yoga:**<br>Time: 6:15-7:15 a.m.<br>Instructor: Adriana Hill<br>Location: Dance Rm 113 | **Group Exercise:**<br>Time: 6:15-7:15 a.m.<br>Instructor: Celina Clark<br>Location: Dance Rm #113 | **By Appt Only!**

- **Stability Core Training:**
  - Time: 4:00-5:00p.m.
  - Instructor: Celina Clark
  - Location: Dance Rm #113

- **Group Exercise**
  - Time: 5:15-6:15 p.m.
  - Instructor: Jackie Ford
  - Location: Dance Rm 113

- **Resistance Tubing Training:**
  - Time: 6:30-7:30 p.m.
  - Instructor: Ryjil Robertson
  - Location: Dance Rm #113

- **Kettle ball Training:**
  - Time: (TBA)
  - Instructor: Dr. G. Lewis
  - Location: Handball Rm #104

- **Spin Cycle**
  - Time: (TBA)
  - Instructor: Celina Clark
  - Location: Handball Rm #104

- **Aerobic Training**
  - Time: 6:15-7:15 a.m.
  - Instructor: Adriana Hill
  - Location: Dance Rm 113

- **Spin Cycle**
  - Time: (TBA)
  - Instructor: Adriana Hill
  - Location: Dance Rm #113

- **Stability Core Training**
  - Time: 4:00-5:00p.m.
  - Instructor: Celina Clark
  - Location: Dance Rm #113

- **Resistance Tubing Training**
  - Time: 6:30-7:30 p.m.
  - Instructor: Ryjil Robertson
  - Location: Dance Rm #113

- **Kettle ball Training**
  - Time: (TBA)
  - Instructor: Dr. G. Lewis
  - Location: Handball Rm #104

- **Spin Cycle**
  - Time: (TBA)
  - Instructor: Ryjil Robertson
  - Location: Dance Rm #113

- **Aerobic Training**
  - Time: 6:15-7:15 a.m.
  - Instructor: Adriana Hill
  - Location: Dance Rm 113

- **Spin Cycle**
  - Time: (TBA)
  - Instructor: Ryjil Robertson
  - Location: Dance Rm #113

- **Kettle ball Training**
  - Time: (TBA)
  - Instructor: Dr. G. Lewis
  - Location: Handball Rm #104