

HPER FOR FITNESS AEROBIC SCHEDULE

Starting March 28
Ending May 7
Where: Whitney Complex

Monday	Tuesday	Wednesday 3/28/12	Thursday	Friday	Saturday
<p><u>Group Exercise:</u> Time: 6:15-7:15 a.m. Instructor: <i>Celina Clark</i> Location: Dance Rm #113</p> <p><u>Stability Core Training:</u> Time :4:00-5:00p.m. Instructor: Celina Clark Location: Dance Rm #113</p> <p><u>Group Exercise</u> Time :5:15- 6:15 p.m. Instructor: Jackie Ford Location: Dance Rm 113</p> <p><u>Resistance Tubing Training:</u> Time: 6:30- 7:30 p.m. Instructor: Ryjil Robertson Location: Dance Rm #113</p> <p><u>Kettle ball Training:</u> Time:(TBA) Instructor: <i>Dr. G. Lewis</i> Location: <i>Handball Rm #104</i></p>	<p><u>Yoga</u> Time: 6:15-7:15 a.m. Instructor: <i>Adriana Hill</i> Location: <i>Dance Rm 113</i></p> <p><u>Spin Cycle</u> Times:(TBA) Instructor: <i>Adriana Hill</i> Location: Rm 104</p> <p><u>Group Exercise</u> Time : 4:00- 5:00 p.m. Instructor: Ryjil Robertson Location: <i>Rm 113</i></p> <p><u>Aerobic Training</u> Time: 5:15- 6:15 p.m. Instructor: <i>Jackie Ford</i> Location: <i>Rm 113</i></p> <p><u>Spin Cycle</u> Time:(TBA) Instructor: Ryjil Robertson Location: Rm 113</p>	<p><u>Group Exercise:</u> Time: 6:15-7:15a.m Instructor: <i>Celina Clark</i> Location: Dance Rm 113</p> <p><u>Resistance Tubing Training:</u> Time: 4:00-5:00p.m. Instructor: Ryjil Robertson Location: Dance Rm #113</p> <p><u>Group Exercise</u> Time: 5:15- 6:15 p.m. Instructor: Jackie Ford Location: Dance Rm 113</p> <p><u>Kettle ball Training:</u> Time: TBA Instructor: <i>Dr. G. Lewis</i> Location: <i>Handball Rm #104</i></p>	<p><u>Yoga</u> Time: 6:15-7:15 a.m. Instructor: <i>Adriana Hill</i> Location: <i>Dance Rm 113</i></p> <p><u>Spin Cycle</u> Times:(TBA) Instructor: <i>Adriana Hill</i> Location: Rm 104</p> <p><u>Group Exercise</u> Time: 4:00- 5:00 p.m. Instructor: Ryjil Robertson Location: <i>Rm 113</i></p> <p><u>Aerobic Training</u> Time: 5:15- 6:15 p.m. Instructor: <i>Jackie Ford</i> Location: <i>Rm 113</i></p> <p><u>Spin Cycle</u> Time:(TBA) Instructor: Ryjil Robertson Location: Rm 113</p>	<p><u>Group Exercise:</u> Time: 6:15-7:15 a.m. Instructor: <i>Celina Clark</i> Location: Dance Rm #113</p> <p><u>Stability Core Training:</u> Time: 4:00-5:00p.m. Instructor: Celina Clark Location: Dance Rm #113</p> <p><u>Group Exercise</u> Time: 5:15- 6:15 p.m. Instructor: Jackie Ford Location: Dance Rm 113</p> <p><u>Resistance Tubing Training:</u> Time: 6:30- 7:30 p.m. Instructor: Ryjil Robertson Location: Dance Rm #113</p> <p><u>Kettle ball Training:</u> Time:(TBA) Instructor: <i>Dr. G. Lewis</i> Location: <i>Handball Rm #104</i></p>	<p><u>By Appt Only!</u> Times 9-12p.m. <u>Spin Cycle:</u> Instructor: <i>Celina Clark</i> Location: <i>Rm 104 (TBA)</i></p> <p><u>Aerobic Training:</u> Instructor: <i>Adriana Hill</i> Location: Rm113</p>