

CAMPUS RECREATION FALL 2017

	STUDENT	STAFF	ALUMNI	COMMUNITY
DAY PASS	\$3	\$5	\$6	\$7
ALL ACCESS	\$60	\$60	\$100	\$150
103 STUDENTS	\$30			
1 HOUR PERSONAL TRAINING by appointment	\$20	\$20	\$30	\$35

WEIGHT AND FITNESS ROOM HOURS

11:00 -6:00 pm room 1H.2
6:00 – 9:00 pm room -1H.1

GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00 – 1:00 pm	BOLLYWOOD DANCE 0H.3	PILATES 5B.16	DANCE FITNESS 3C.1	PILATES 5B.16
12:00 – 1:00 pm	CIRCUIT 1H.2	CIRCUIT 1H.2	CIRCUIT 1H.2	CIRCUIT 1H.2
12:00 – 1:00 pm	SPINNING -2H.1			
1:00 – 2:00 pm			YOGA for PEACE 5B.16	
4:30 - 5:30 pm	CIRCUIT 1H.2	CIRCUIT 1H.2	CIRCUIT 1H.2	CIRCUIT 1H.2
5:00 – 6:00 pm		YOGA 5B.16		YOGA 5B.16
6:00 – 7:00 pm	PILATES 4F.1	RIPPED 0H.3	PILATES 4F.1	
6:00 – 7:00 pm	SPINNING -2H.1	POW WOW DANCING 4F.1		SPINNING -2H.1

MARTIAL ARTS

6:00 – 8:00 pm	KUNG FU 0H.3		KUNG FU 0H.3	KUNG FU 0H.3
7:30 - 9:30 pm		ADVANCE KARATE 0H.3		

SPORTS

6:00 – 9:00 pm	ROCK CLIMBING -1H.2		ROCK CLIMBING -1H.2	
10:00 – 2:00 pm	PING PONG 3C.1	PING PONG 3C.1	PING PONG 3C.1	PING PONG 3C.1
4:00 – 6:00 PM				BADMINTON -1H.4 BASKETBALL -1H.6

**OPEN HOUSE RUNS FROM SEPTEMBER 11TH – 15TH
REGISTRATION IS AT THE PARC ROOM 1H.4**