

USRC Group Fitness Schedule: June 2023

	MON	TUES	WED	THURS	FRI		
7:30			Personal Training Cari	Personal Training Cari	Yoga Cari		
8:30	Cardio & Strength Cari	Tai Chi Merry	Kickboxing Cari	Chi Kung Merry	Zumba Cari		
9:30	Cardio & Strength Cari	Stretch & Sculpt Melissa	Zumba @UMS Cari	Cardio & Strength Cari	Circuit Training Cari		
10:30	Line Dance Marsha	Personal Training Cari	Cardio & Strength Melissa	Building Balance @ UMS	Cardio Dance Melissa	Cardio & Strength Cari	Line Dance Aimee
11:30	Seated Seniors Video-Led	Mat Pilates Colleen	Seated Seniors Video-Led	Chair Yoga Cari	Seated Seniors Video-Led		
1:00	Yoga Colleen		Yoga Colleen				
2:00	Chair Yoga Cari						

