

Nina B. Hollis Wellness Center

# Group Exercise Schedule

August

30th—December 10th



# 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>Schedule is subject to change without notice.</li> <li>All participants are encouraged to wear proper workout attire</li> <li>All classes are FREE to the FSC community.</li> <li>Classes will take place in the group exercise room (James W. Sikes Family) in the Nina B. Hollis Wellness Center located on Ingraham Ave.</li> </ul>	<b>AB Attack</b> 4:30-5:00pm <b>Erin</b>	<b>AB Attack</b> 4:30-5:00pm <b>Erin</b>	<b>Yoga</b> 3:30-4:30pm <b>Michelle</b>	
	<b>Yoga</b> 5:30-6:30pm <b>Whitney</b>	<b>20/20/20</b> 5:30-6:30pm <b>Geri</b>	 <b>ZUMBA</b> 6:30-7:30pm <b>Kimberly</b>	<b>Core Yoga</b> 5:30-6:30pm <b>Whitney</b>
	 <b>ZUMBA</b> 8:00-9:00pm <b>Samantha</b>	<b>Pilates</b> 8:00-9:00pm <b>JoAnn</b>	<b>Cardio Kickboxing</b> 8:00-9:00pm <b>Samantha</b>	<b>Pilates</b> 8:00-9:00pm <b>JoAnn</b>

  
**WTV @ FSC**



<http://www.flsouthern.edu/wellness/>