

Group Fitness Schedule - Summer 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
	Cycle & Core 6 - 6:50am Ashley		Sunrise Shred 6 - 6:50am Ashley/Cecily		<p style="text-align: center;">No Class</p> <p style="text-align: center;">Go Outside!</p> <p style="text-align: center;">Go play!</p>
Boxing 12 - 12:50pm Mike	Zumba 12 - 12:50pm Amy	Vinyasa Yoga 12 - 12:50pm Lisa	Kettlebells 11:30am - 12:20pm Ashley	Cardio Kickboxing 12 - 12:50pm Mike	
	Total Body Conditioning 12:30 - 1:20pm Ashley		Yin Yoga 12:30 - 1:20pm Lisa		
Vinyasa Yoga 5:30 - 6:20pm Jen	Cardio Kickboxing 5:30 - 6:20pm Bobby	Mat Pilates 5:30 - 6:20pm Phyllis	Cardio Dance Blast 5:30 - 6:20pm Amy		

See back for membership details, locations, special dates, and more information.



Class Locations

All classes are held in the Harilela International Tennis Stadium Fitness Studio except Total Body Conditioning which is held in The Cage.



Membership Information

FREE Classes on These Dates:

- May 8-12 (1st week of summer school)

Membership Rates:

- Summer: \$60 (*Best deal by far! <\$4/week!!*)
- Month/Summer Session: \$25
- One Class: \$5

**Full Time Faculty/Staff may be eligible for a 50% refund of Summer membership fees.*

**Summer & Month memberships allow access to an unlimited number of classes.*

Cycling classes are limited to the first 13 people. Arrive early to secure your spot.

Class schedule subject to change.

For class description, announcements, and the most up to date schedule visit

<http://community.pepperdine.edu/campusrecreation/fitness/groupexercises.htm>

