

PLEX INTERIM GROUP FITNESS SCHEDULE

February 10 - 17

Due to special events at the Plex, group fitness classes will be operating on an abbreviated schedule February 10 - 12 and February 17. Quonset Hut group fitness classes will not be affected.

| | TIME | CLASS | INSTRUCTOR | LOCATION |
|------------------------|-----------|----------|------------|----------|
| Friday, February 10 | 7:15 a.m. | Spinning | Caitriona | MPR A |
| | 9:00 a.m. | Spinning | Gabi | MPR A |

There will be no group fitness classes Saturday, February 11.

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|------------------------|-----------|-----------------|----------|-----------|
| Sunday, February 12 | 4:00 p.m. | Kick and Sculpt | Courtney | Court #10 |
| | 5:00 p.m. | Chiseled | Julie | Court #10 |
| | 6:00 p.m. | Power Pilates | Meredith | Court #10 |
| | 7:00 p.m. | Zumba | Roxie | Court #10 |

The regular group fitness schedule will be in effect Monday, February 13, through Thursday, February 16.

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|------------------------|------------|------------------|-----------|-----------|
| Friday, February 17 | 7:15 a.m. | Spinning | Caitriona | MPR A |
| | 9:00 a.m. | Spinning | Gabi | MPR A |
| | 12:00 p.m. | Iyengar Yoga | Lee | MPR B/C |
| | 12:00 p.m. | Power Pilates | Kelsey B. | Court #10 |
| | 1:00 p.m. | Tabata Trek Spin | Katelyn | MPR A |
| | 3:00 p.m. | Spinning | Brittany | MPR A |
| | 3:30 p.m. | Power Pilates | Madelaine | Court #10 |
| | 4:30 p.m. | TBC | Mathilda | Court #10 |

For the most up-to-date information on the group fitness schedule, visit www.bc.edu/rec/groupfitness/schedule.html