

TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	
	4:00pm Jujitsu Club (aerobics rm-60 min) Elia Fontecchio	*4:00pm* Jujitsu Club (aerobics rm-60 min) Elia Fontecchio	*4:00pm* Jujitsu Club (aerobics rm-60 min) Elia Fontecchio	*4:00pm* Jujitsu Club (aerobics rm-60 min) Elia Fontecchio		
	5:00pm Muay Thai Club (aerobics rm-75 min) Elia Fontecchio		*5:00pm* Muay Thai Club (aerobics rm-75 min) Elia Fontecchio	*5:00pm* Muay Thai Club (aerobics rm-75 min) Elia Fontecchio	*5:00pm* Muay Thai Club (aerobics rm-75 min) Elia Fontecchio	
6:00 pm Zumba® (aerobics rm-45 min) Betsy Leonard		*5:30 pm* Yoga (aerobics rm-60 min) Sue Carter				
			7:00 pm Zumba® (aerobics rm-45 min) Betsy Leonard			

For more information regarding the group fitness classes, contact Betsy Leonard
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