



Zest for Life Fitness Schedule

Fall 2011

Classes begin September 6 and end December 9



Aqua Aerobics

*Classes held at Gabel Pool in Lawson Ice Arena

Monday	Tuesday	Wednesday	Thursday
Deep Aqua 12:05-12:55 p.m. Kieran		Deep Aqua 12:05-12:55 p.m. Kieran	
	Shallow Aqua 12:05-12:55 p.m. Jessica		Shallow Aqua 12:05-12:55 p.m. Jessica
Free of charge!			

SRC Fitness Classes

*Classes held in SRC Aerobics room FREE to faculty & staff!

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates 12:05-12:55 p.m. Gena	Yoga 12:05-12:55 p.m. Gena	PiYo™ 12:05-12:55 p.m. Senika	Yoga 12:05-12:55 p.m. Gena	Body Blast 12:05-12:55p.m. Jessica
	Step 5:20-6:20 p.m. Ruth	CycleFit 5:15-6:15 p.m. Bre	TurboKick™ 5:20-6:20 p.m. Meghan	

*Classes held in the SRC Aerobics room require an SRC membership. To inquire about memberships call 387-3115. Additional scheduled classes require minimal fees.

Zest for Life Office: 387-3543 or zfl@wmich.edu

SRC Website: www.wmich.edu/rec

Western Wellness: www.wmich.edu/wellness

Facebook Fan Page: **WMU Fitness & Wellness**

