





Add the KU Fit group on **Face book!**
 Receive messages regarding class
 changes or cancellations.

Get fit..... KU Fit!

KU Fit Summer '08

| | Mon | Tues | Wed | TR | Fri | Sat | Sun |
|-----------------|---|---|--|---|--|---|-------------------------------|
| 7:30-8:25 am | Sunrise Yoga 7-8 am Cassi |  | Sunrise Yoga 7:30-8:30 am Brandon |  | | | |
| 12:00 -12:50 pm | Pilates Lexi | Just Lift. Amber -June Maggie- July | Yoga Amanda | Just Lift. Krystal | | | |
| 4:30-5:25 pm | Kick box Stacey - June Maggie- July (turbo) | BOSU Krystal | Cardio Dance Party 4:15-5 pm Lexi | 20/20/20 Ann | |  | |
| 5:30-6:25 pm | Just Lift. Krystal | Cardio X-Train Jennifer | Just Lift. 5:15 -6:15 pm Jennifer | Kick box Stacey - June Maggie – July (turbo) | Cardio X-Train 5-6 pm Landra | | |
| 6:30-7:25 pm | Yoga +Pilates Monika / Emily | Completely Core 6:30-6:55 pm Jennifer | Yoga + Pilates Monika (June) Ann (July) | Zumba Victoria | | | Yoga Cassi & Stacey |
| 7:30-8:25 pm | Butz n' Gutz 7:30-8:15 pm Jenna & Emily | Zumba 7-8 pm Victoria | 20/20/20 Jenna | Yoga Ana |  | | Zumba Vina/Laetitia |



*KU Fit summer session will be held June 3rd-July 24th, 2008

*KU Fit classes are cancelled July 4th

*Classes with dual instructor listed with "&" co-instruct together. Those listed with "/" will alternate the class.

KU Fit Group Fitness Policies:

1. All classes are subject to change or cancellation due to low participation numbers. Classes are also subject to change of instructor, format or class time.
2. KU Fit Identification/Fee cards are required in order to participate in ALL KU Fit classes. Those without cards will not be allowed to participate. Please purchase cards or single class passes in the administrative office of the SRFC. Passes are non-transferable and non-refundable.
3. Classes begin promptly on time. Please arrive approximately five minutes prior to start time in order to prepare. First come, first serve. Limit 30 participants
4. All classes are held in room 114/115 KU SRFC. Participants must have access to fitness center in order to participate in KU Fit classes.