

FALL 2009



Fitness & Wellness Programs



412.396.5050

2nd Fl. Main Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:20 AM – 11:50 AM AB Blast w/ Sam		11:20 AM – 11:50 AM AB Blast w/ Sam			11 AM – 12 PM Zumba w/Sara
12: 10 PM – 12:50 PM Definition w/ Sam		12: 10 PM – 12:50 PM Definition w/ Sam	12:10 PM – 12:50 PM 639! w/ Heather		12 PM – 1 PM Hip Hop 1 w/ Jeremy
	1 PM – 1:50 PM Pilates w/ Sam		1 PM – 1:50 PM Pilates w/ Sam	1:10 PM – 1:50 PM 3-2-1 w/ Krista	1 PM – 2 PM Hip Hop 2 w/ Jeremy
	2 PM – 2:50 PM Ballet w/ Allie T.		2 PM – 2:50 PM Lyrical Ballet w/ Allie T.	2 PM – 2:50 PM Ballet w/ Allie T.	2PM – 3 PM Pilates w/ Kailla * Begins 10/10
3 PM – 3:50 PM Jazz w/ Kristina					
4 PM – 5 PM CardioBox w/ Amy	4 PM – 5 PM RAW w/ Amy *Held on BB Court/3 rd Fl.	4 PM – 5 PM Zumba w/ Jess	4 PM – 5 PM RAW w/ Amy *Held on BB Court/3 rd Fl.		
	5 PM – 5:30 PM AB Blast w/ Kim *Held on BB Court/3 rd Fl.		5 PM – 5:30 PM AB Blast w/ Kim *Held on BB Court/3 rd Fl.		
5 PM – 6 PM 639! w/ Lauren	5 PM – 6 PM Total Body Step w/ Renee	5 PM – 6 PM PIYO w/ Lauren	5 PM – 6 PM Total Body Step w/ Renee		
	6 PM – 7 PM Triple Threat w/ Kim	6 PM – 7 PM Turbokick w/ Lizzy	6 PM – 7 PM Turbokick w/ Lauren		
7 PM – 8 PM Turbokick w/ Lizzy	7 PM – 8 PM Zumba w/ Sara	7 PM – 8 PM Triple Threat w/ Kim	7 PM – 8 PM Zumba w/ Allie C.		
8 PM – 9 PM Zumba w/ Allie C.	8 PM – 9 PM Hip Hop 2 w/ Jeremy	8 PM – 9 PM Jazz w/ Allie T.	8 PM – 9 PM Hip Hop 1 w/ Jeremy		

All classes are FREE.

No Registration Required.

All Equipment Provided.

Classes are for Duquesne University Faculty, Students, and Staff Only.

3rd Fl. Studio 2

	6:45 AM – 7:45 AM Yoga w/ Jen			6:45 AM -7:45 AM Yoga w/ Jen	
12 PM – 1 PM Yoga w/ Stephanie	12 PM – 12:50 PM Karate w/ Chuck	12 PM – 1 PM Yoga w/ Stephanie			
	5 PM – 6:15 PM Y & R Yoga w/ Jen	5:15 PM – 6:15 PM Tai Chi w/ Barry	5 PM – 6:15 PM Yoga w/ Jen		

Schedule subject to change; all changes will be posted on DORI and in the recreation center

3rd Fl. Studio 3

	7 AM – 7:40 AM Spinning w/ Katie K.				
12:10 PM – 12:50 PM Spinning w/ Shannon S.		12:10 PM - 12:50 PM Spinning w/ Joe		12:10 PM – 12:50 PM Spinning w/ Katie S.	12 PM – 12:50 PM Spinning w/ Ali
	4 PM – 4:50 PM Spinning w/ Catherine		4 PM – 4:50 PM Spinning w/ Catherine		
5 PM - 5:50 PM Spinning w/ Joe		5 – 5:50 PM Spinning w/ Heather			
7 PM – 8 PM Extreme Spin w/ Catherine	7 PM – 8 PM Spinning w/ Katie S.	7 PM – 8 PM Extreme Spin w/ Ali	7 PM – 8 PM Core & Spin w/ Katie S.		