



Drop-In Class Schedule

Fall '09: Monday 9/7 - Sunday 12/6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sunrise Yoga 7:00-8:15am <i>Amy K.</i>		Sunrise Pilates 7:00-8:00am <i>Erin</i> (begins 9/30)		Sunrise Yoga 6:45-8:00am <i>Amber</i>	
20-20-20 11:00am-12noon <i>Yuxuan</i>						
	Body Toning 12:15-1:00pm <i>Ruth</i>	Lunchtime Yoga 12noon-1:00pm <i>Denise</i>		Lunchtime Yoga 12noon-1:00pm <i>Denise</i>	Body Toning 12:15-1:00pm <i>Ruth</i>	
<p>Please note the following class cancellations: Saturday 11/7, Saturday 11/21, Sunday 11/22, all classes Wednesday 11/25 through Sunday 11/29. Note that classes with an *asterisk* begin in late September/early October.</p>						
	Basic Yoga 5:00-6:15pm <i>Amber</i> (begins 10/4)	Step Aerobics (advanced) 5:00-6:00pm <i>Ruth</i>		*Basic Pilates* 5:15-6:00pm (begins 10/1) <i>Erin</i>	Step Aerobics (basic) 4:15-5pm <i>Yuxuan</i>	*Spinning®* 4:00-4:45pm (begins 10/3) <i>Emily</i>
Pilates (mixed level) 6:15-7pm <i>Erin</i>	Spinning® 6:30-7:20pm <i>Lindsey</i>	Boot Camp 6:15-7:15pm <i>ROTC Russ</i>	Spinning® 6:15-7:05pm <i>Lindsey</i>	Spinning® 6:15-7:05pm <i>Lindsey</i>	TGIF Yoga (mixed level) 5:15-6:30pm <i>Amber</i>	Speed Rope 5-5:30pm <i>Russ</i>
Yoga (mixed level) 7:15-8:30pm <i>Amber</i>	Ultimate Abs 7:30-8pm <i>Ben</i>	*Spinning®* 7:30-8:15pm (begins 10/6) <i>Emily</i>	Body Toning 7:15-8:00pm <i>Kat</i>	Yoga (mixed level) 7:15-8:30pm <i>Amber</i>		
<p>Class Passes are purchasable in the Office of Recreation Monday through Friday, 9am-5pm. For class changes and cancellations, check www.jhu.edu/recreation or call 410-516-4434. All class changes and cancellations will also be posted in the lobby of the Rec Center. Not sure what a class is? Class descriptions are online at http://web.jhu.edu/recreation/fitness/classes/descriptions.html An amended reading & finals period schedule will be published for classes Mon 12/7 - Sun 12/18.</p>						