



University of Kansas Medical Center Kirmayer Fitness Center Group Fitness Schedule

DEMO January 2012

Free Classes Jan 17-20!

Monday	Tuesday	Wednesday	Thursday	Friday
 No Classes	Cycling 12:10 – 12:55pm Brianne 	HEAT^{New} (High Energy Aerobic Training) 12:10 – 12:55 pm Angela V	Boot Camp 1215 – 1300 Jeff	Flexibility Fridays 12:00 – 12:45pm Jeff
	Boot Camp 1710 – 1800 Jeff 	Power Splash 5:00 – 5:55 pm Jan Zumba 5:15–6:10 pm Casa de fitness	HEAT^{New} (High Energy Aerobic Training) 5:15 – 6:00 pm Angela	Core & More 5:00 – 5:45 pm Jan 
	Iron Intervals 5:00 – 5:55 pm Jan Schmidt	Cycle Fusion 5:15-6:15 Jeff 	Power Yoga 5:30–6:30 pm Kristy 	
	Vinyasa Flow 5:30–6:30pm Hayley 	Pilates 5:30-6:30 Emily 		
		Belly Dance 6:15-7:00pm Melody 		