



# University of Kansas Medical Center Kirmayer Fitness Center

## DEMO Week

### Group Fitness Schedule

*Free Classes August 25-August 29*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Endurance Wt. Training (Sport)</b> 12:10 – 12:55 pm Angela	<b>Cardio Core</b> 12:10 – 12:55pm Angela		<b>Fitness Sampler</b> 12:10 – 12:55 pm Angela	
			<b>FM Boot Camp</b> 12:00 – 12:45 Jeff	<b>Flexibility Fridays</b> 12:00 – 12:45pm Jeff
<b>Fluid Motion</b> 5:00 – 5:55 pm Jan			<b>Iron Works</b> 5:00 – 5:45 pm Jan	<b>Core &amp; More</b> 5:00 – 5:45 pm Jan
	<b>Cardio Kick Boxing</b> 6:00 – 7:00 pm Sara	<b>BOSU Sports Conditioning</b> 5:00 – 5:45 pm Jeff		

## Yoga and Dance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pilates</b> 5:30 – 6:15 pm Emily	<b>Zumba*</b> 5:00-5:50 pm Casa de Fitness	<b>Martial Arts*</b> 6:00-7:00pm 		<b>Flexibility Fridays</b> 12:00 – 12:45pm Jeff
	<b>Yoga Challenge</b> 6:30-7:30 pm Angela	<b>Hip Hop</b> 6:00 – 7:00 pm Lilia		<b>Core &amp; More</b> 5:00 – 5:45 pm