

Mayville State University Wellness Center

July 2010 Group Fitness Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>5:45am Circuit 6:45am Circuit</i>	2 <i>5:45am Strength 6:45am Cardio</i>	3
	4 <i>5:45am Cardio 6:45am Strength</i>	5 <i>5:45am Circuit 6:45am Cardio</i>	6 <i>5:45am Cardio 6:45am Circuit</i>	7 <i>5:45am Circuit 6:45am Circuit</i>	8 <i>5:45am Strength 6:45am Cardio</i>	9 <i>5:45am Strength 6:45am Cardio</i>
10	11 <i>5:45am Cardio 6:45am Strength</i>	12 <i>No Classes</i>	13 <i>No Classes</i>	14 <i>No Classes</i>	15 <i>No Classes</i>	16 <i>No Classes</i>
17	18 <i>No Classes</i>	19 <i>No Classes</i>	20 <i>No Classes</i>	21 <i>No Classes</i>	22 <i>No Classes</i>	23 <i>5:45am Strength 6:45am Cardio</i>
24	25 <i>5:45am Cardio 6:45am Strength</i>	26 <i>5:45am Circuit 6:45am Cardio</i>	27 <i>5:45am Cardio 6:45am Circuit</i>	28 <i>5:45am Circuit 6:45am Circuit</i>	29 <i>No Classes</i>	30 <i>No Classes</i>
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*Cardio = Using Step!
Strength = Toning-Intervals using equipment
Circuit = Mix of cardio/ strength
Beginners Welcome !!*