

GROUP FITNESS CLASS SCHEDULE

SUMMER 2017

EFFECTIVE JULY 5 - AUG 22
BUILDING HOURS: 5:45 a.m. - 7 p.m.

JULY 4TH WEEKEND CLOSURE

Sat., July 1 - Tues., July 4, reopen Wed., July 5

Closed Saturday, August 19

MONDAY

TIME	CLASS	INSTRUCTOR	ROOM
8:30 a.m.	PiYo Live®	Paris	106
Noon	BODYPUMP® CIZE™	Patti Mercedes	106 24
4:30 p.m.	Zumba	Czarina	106
5:30 p.m.	Vinyasa Yoga	Erika	24

TUESDAY

TIME	CLASS	INSTRUCTOR	ROOM
Noon	Yoga Pilates R.I.P.P.E.D.®	Patti Mercedes	106 24
4:30 p.m.	CIZE® Hatha Yoga Spin & Strength	Paris Tushar Eliana	106 24 22

WEDNESDAY

TIME	CLASS	INSTRUCTOR	ROOM
Noon	Total Body Toning	Mercedes	106
4:30 p.m.	Zumba R.I.P.P.E.D.®	Czarina Mercedes	106 24
5:30 p.m.	Vinyasa Yoga	Erika	24

THURSDAY

TIME	CLASS	INSTRUCTOR	ROOM
8:30 a.m.	CIZE®	Mercedes	24
Noon	Yoga Pilates R.I.P.P.E.D.®	Patti Mercedes	106 24
4:30 p.m.	PiYo Live® Hatha Yoga Spin & Strength	Paris Tushar Patti	106 24 22

FRIDAY

TIME	CLASS	INSTRUCTOR	ROOM
Noon	BODYPUMP® Yin Yoga	Patti Erika	106 24
4:30 p.m.	Zumba	Czarina	106

SATURDAY / SUNDAY

TIME	CLASS	INSTRUCTOR	ROOM
Noon	Zumba (Saturday) CIZE® (Sunday)	Czarina Paris	106 106

Go to play.binghamton.edu for updates.
FALL 2017 GROUP FITNESS SCHEDULE RESUMES WED., AUGUST 23.