



# Lifelong Exercise and Activities Program

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		Train like a Athlete starts Feb 6		Train like an Athlete		
12:00pm						
5:00pm	Interval/Michelle	Step&Sculpt/Michelle	Bootcamp/Emma	Step&Scuplt/Michelle		
	Spin/Bri	Zumba/Lyza *	Spin/Bri			
6:00pm	Yoga/Bri		Yoga/Bri	Zumba/Micaela		
7:00pm	Zumba/Nasha	Cardio Kick/Emma	Zumba/Kara	Cardio Kick/Emma		Zumba/Kara
	Any questions please contact alesia.vaccari@simmons.edu ext 1039 *means studio II				