

# MAY

## GROUP FITNESS SCHEDULE

Bryan Williams, M.D. Student Center

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		<b>1</b> 5:30p: High Intensity Strength 7:00p: Latin Dance Social	<b>2</b>	<b>3</b>
<b>6</b> 5:30p: Running Club	<b>7</b> 6:00p: Strength and Conditioning	<b>8</b> 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	<b>9</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>10</b>
<b>13</b> 5:30p: Running Club	<b>14</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>15</b> 5:30p: High Intensity Strength	<b>16</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>17</b>
<b>20</b> 5:30p: Running Club	<b>21</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>22</b> 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	<b>23</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>24</b>
<b>27</b> STUDENT CENTER CLOSED	<b>28</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>29</b> 5:30p: High Intensity Strength	<b>30</b> 12:00p: Yoga Break 6:00p: Strength and Conditioning	<b>31</b>

# 2024