

SAIT Recreation Drop-in Fitness Spring 2012

(Schedule is subject to change)
Revised May 1, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi 9:00AM <i>Fitness Studio</i> (ends June 24) Cost: \$12	Yoga For Backs 12:00PM V118B (ends June 25) Cost: \$12	Pedal 12:05PM <i>Fitness Studio</i> (ends June 26) Cost: \$6	Zumba 12:05PM <i>Fitness Studio</i> (ends June 27) Cost: \$6	Raja Yoga 12:05PM V118B (ends June 27) Cost: \$12	Tai Chi 5:00PM <i>Fitness Studio</i> (ends June 22) Cost: \$12	Tai Chi 10:00AM V118B (ends June 23) Cost: \$12
Tai Chi Int. 10:15AM <i>Fitness Studio</i> (ends June 24) Cost: \$12	Bootcamp 4:35PM <i>Fitness Studio</i> (ends June 4) Cost: \$18	Raja Yoga 12:00PM V118B (ends June 27) Cost: \$12	Raja Yoga 12:00PM V118B (ends June 27) Cost: \$12	Yin Yoga 4:45PM V118B (ends June 28) Cost: \$12		Bootcamp 10:30AM <i>Fitness Studio</i> (ends June 23) Cost: \$18
	Hot Yoga 5:00PM V119 (ends June 6) Cost: \$12	Spring Shape Up! 12:10PM <i>Gym</i> (ends May 24) Cost: \$15	Bootcamp 4:35PM <i>Fitness Studio</i> (ends June 4) Cost: \$18	Spring Shape Up! 12:10PM <i>Gym</i> (ends May 24) Cost: \$15		
	Zumba 5:00PM V118B (ends June 18) Cost: \$6	Aqua Zumba 5:00PM <i>Pool</i> (ends July 3) Cost: \$6	Hot Yoga 5:00PM V119 (ends June 6) Cost: \$12			
		Yin Yoga 5:00PM V118B (ends June 26) Cost: \$12				

- Classes are available on a 1st come, 1st serve basis
- Wednesday noon-hour Zumba starts May 9, 2012