

Fall 2009 Group Fitness Class Changes/Cancellations*

- Sep. 7 Labor Day Holiday- no fitness classes offered
- Sep. 20** 4:20pm Zumba relocated to Room A
- Oct. 2-4 FitnessFest Event – classes cancelled for event:
10/2 4:20pm Yoga Crunch
10/2 4:20pm Combat Fit
10/2 5:30pm Wildcat Dolls Workout
10/3 10:00am Zumba & Core
10/3 11:00am Vinyasa Flow Yoga
- Nov. 11 Veteran's Day – no fitness classes offered
- Nov. 25-29 Thanksgiving Holiday- No group fitness classes offered in observance of the Thanksgiving after 1:00pm on 11/25. No fitness classes offered from 11/26-11/29.
- Dec. 10 All classes after 1:00pm cancelled for Reading Day (Dead Day)
- Dec. 14-18 Finals Week – classes that will be cancelled due to Finals:
12/14 6:30am Spinning
12/14 12:00pm Pilates Mat
12/14 6:25pm Zumba
12/15 7:00am Sunrise Yoga
12/15 12:00pm Muscle Pump
12/15 6:00pm Anusara Yoga
12/15 6:25pm Boot Camp
12/15 6:45pm Spinning & Core
12/15 9:10pm Moonlight Yoga
12/16 6:30am Spinning
12/16 12:00pm Pilates Mat
12/16 6:25pm Zumba
12/17 7:00am Sunrise Yoga
12/17 12:00pm Muscle Pump
12/17 6:00pm Anusara Yoga
12/17 6:25pm Boot Camp
12/17 6:45pm Spinning & Core
12/18 3:10pm Yoga Crunch
12/18 4:20pm Turbokick
12/18 4:20pm Combat Fit
12/18 4:30pm Spinning
12/18 5:30pm Wildcat Dolls Workout

*All classes and instructors are subject to change. Scheduled semester class cancellations will be posted online at www.campusrec.arizona.edu and on the activity room doors. Last minute cancellations due to emergencies will be posted on the activity room doors with as much advance notice as possible. Scheduled class formats and/or scheduled instructors may be substituted with another format and/or instructor when needed.