



*CLARK HALL GROUP FITNESS*

Spring 2008 Aerobics Schedule

Day	Class	Instructor	Time	Location
<u>Monday</u>	Muscleflex	Amy	12:00-1:00	Dance Studio
<u>Tuesday</u>	Pilates	Joan	12:00-1:00	Dance Studio
<u>Wednesday</u>	Muscleflex	Nicole	12:00-1:00	Dance Studio
<u>Thursday</u>	Pilates	Amy	12:00-1:00	Dance Studio
<u>Friday</u>	Muscleflex	Joan	12:00-1:00	Dance Studio

***Please note: classes are subject to change or cancelation due to low attendance. Questions or concerns about the Group Fitness program contact Jessica Nyrop at 645-2534 or [jenyrop@buffalo.edu](mailto:jenyrop@buffalo.edu)***