



University at Buffalo

Division of Athletics, Recreation and Intramural Sports

Group Fitness Fall 2009 Schedule

Semester dates: 8/31/09-12/11/09

Day	Time	Location	Class	Instructor	
Monday	AM	6:15-6:55	AA DS	Sculpt	Robin
		7:00-8:00	144 AA	Ubiking 1	Robin
	PM	12:00-1:00	AA DS	Yoga	Lisa
		12:00-1:00	CH DS	Instructors Choice	Amy
		4:00-5:00	144 AA	Ubiking 2	Amanda
Tuesday	PM	12:00-1:00	CH DS	Pilates	Joan
		4:45-5:00	AA DS	Abs	Marie
		5:00-6:00	AA DS	TurboKick	Marie
		5:00-6:00	144 AA	Ubiking 3	Carole
		6:15-7:15	AA Pool	Water Aerobics	Carole
		6:00-7:00	CH DS	Bollywood Bhangra Workout	Anjani
Wednesday	AM	6:15-6:55	AA DS	Sculpt	Robin
		7:00-8:00	144 AA	Ubiking 4	Robin
		12:00-1:00	AA DS	Yoga	Lisa
	PM	12:00-1:00	CH DS	Instructors Choice	Amy
		7:30-8:30	144 AA	Ubiking 5	Amanda
Thursday	PM	5:00-6:00	144 AA	Ubiking 6	Carole
		6:15-7:15	AA Pool	Water Aerobics	Carole
Friday		7:00-8:00	144 AA	Ubiking 7	Robin
		PM	12:00-1:00	AA DS	Sculpt
	12:00-1:00		CH DS	Sculpt	Joan
	12:00-1:00		144 AA	Ubiking 8	Jessica
Saturday	AM	10:30-11:30	AA DS	Zumba Toning	Joyce

* Zumba Toning will begin 9/12/09.

** There will be no Yoga 9/7/09 and 9/9/09.

***Robin's sculpt and Ubiking will begin 9/2/09.

AA - Alumni Arena

CH - Clark Hall

DS - Dance Studio



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