

East Fitness center fall aerobics schedule Set

MONDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 p.m. Lunch Crunch
 5 p.m. Step
 6 p.m. Cycling

TUESDAY

11 a.m. Step
 Noon Power Yoga
 4:30 p.m. AB Labs
 5 p.m. Step Boxing
 6 p.m. Cycling

WEDNESDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 p.m. Lunch Crunch
 5 p.m. Cardio Boxing
 6 p.m. Power Yoga

5 p.m. Step
 6 p.m. Cardio Kick

FRIDAY

6 a.m. PT Prep
 9:30 a.m. Low Impact
 11 a.m. Step
 12:30 Step

THURSDAY

10:30 a.m. Intro Pilates
 11 a.m. Step
 Noon Power Yoga
 4:30 p.m. AB Labs

SATURDAY

9:30 a.m. Step&Sculpt
 11 a.m. Yoga

Intramural Flag Football games are Monday-Thursday, 5:30-8:30 p.m. at Schwebke Field.