

### Orientations

Thursday, May 18<sup>th</sup>, 12-1pm in BEL 602B

Friday, May 19<sup>th</sup>, 12-1pm in BEL 602B



### Lunch & Learn

Wednesdays, May 24 – August 16, 12-1pm in BEL 602A

**Summer 2017**  
**May 22<sup>nd</sup> – August 18<sup>th</sup>**  
**No classes May 29<sup>th</sup> due to Memorial Day and July 4<sup>th</sup>**

### **Start FIT**

**\*\*Max of 8 participants per class**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30-7:30 am</b> Erin	BEL966 ½ & ½		BEL966 Aerobic		BEL966 Weights
<b>12-1pm</b> Erin		BEL608A ½ & ½		BEL608A Aerobic	STD3.202 Weights

### **Get FIT I**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6-7am</b> Rachel (MF) Elizabeth (W)	BEL608A ½ & ½		STD3.202 Weights		BEL302 Aerobic
<b>7-8am</b> Rachel (MF) Elizabeth (W)	BEL608A ½ & ½		STD3.202 Weights		BEL302 Aerobic
<b>12-1pm</b> Manda		BEL302 ½ & ½		BEL302 Aerobic	BEL608A Weights
<b>4:30-5:30pm</b> Nancy (M) Madison (W) Tres (Th)	STD3.202 ½ & ½		BEL608A Aerobic	STD3.202 Weights	
<b>5:30-6:30pm</b> Nancy (M) Madison (W) Tres (Th)	STD3.202 ½ & ½		BEL608A Aerobic	STD3.202 Weights	

### **Get FIT II**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6-7am</b> Elizabeth (M) Shelby (W) Madison (F)	BEL302 Aerobic		BEL608A ½ & ½		STD3.202 Weights
<b>7-8am</b> Elizabeth (M) Austin (W) Madison (F)	BEL302 Aerobic		BEL608A ½ & ½		STD3.202 Weights
<b>12-1pm</b> Manda (MW) Madison (F ½ & ½) Austin (F weights)	BEL608A ½ & ½		BEL302 Aerobic		STD3.202 – Weights OR BEL302 - ½ & ½
<b>4:30-5:30pm</b> Tres (M) Austin (WTh)	BEL608A ½ & ½		STD3.202 Weights	BEL608A Aerobic	
<b>5:30-6:30pm</b> Tres (M) Austin (WTh)	BEL608A ½ & ½		STD3.202 Weights	BEL608A Aerobic	

### Combined GFI & GFII

**\*\*Only open to veteran GF participants\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30-7:30am</b> Shelby (TF) Elizabeth (W)		BEL608A Aerobic	STD3.202 Weights		BEL608A ½ & ½
<b>9-10am</b> Madison (TTh) Erin (F)		BEL608A ½ & ½		BEL608A Aerobic	STD3.202 Weights
<b>5-6pm</b> Abby	BEL966 ½ & ½	BEL608A Aerobic		STD3.202 Weights	

### Stretch FIT

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30-7:30am</b> Madison		BEL402		BEL402	

### Barbell/Additional Weight Day

**\*\*Only open to veteran GF participants\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6-7am</b> Austin		STD3.202			
<b>7-8am</b> Austin		STD3.202			

### Additional ½ & ½ Day

**\*\*Only open to veteran GF participants\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>12-1pm</b> Madison					BEL302

**Locker Number:** \_\_\_\_\_

**Locker Combination:** \_\_\_\_\_

### Locker Locations:

**Men: 9<sup>th</sup> floor of BEL room 916 or 950**

**Women: 10<sup>th</sup> floor womens locker room (access from BEL 930 or BEL 1004)**