



# AUG/SEPT 2024 SPIN CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:30 AM					
12:10-12:45PM	Spin w/Zach	Spin w/Craig	Spin w/Zach	Spin w/Craig	
1:00 – 4:30 PM					
4:30 - 5:15 PM					
5:30 - 6:15 PM					

Call 812-238-7311 or e-mail: [clunford@uhhg.org](mailto:clunford@uhhg.org)

Classes are FREE for members  
For non-members: \$5.00 per class



# AUG/SEPT 2024 GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7:00–7:50 am</b>						
<b>8:00-8:50 am</b>	Step Aerobics (Brittany)	Cardio Blast (Zach)	Tone Time (Carrie)	Cardio Blast (Zach)	Step Aerobics (Brittany)	
<b>9:00–9:50 am</b>	Butts & Guts (Zach)	Mat Pilates (Carrie)	Flex & Flow (Brittany)	Mat Pilates (Carrie)	Power Circuit (Carrie)	Zumba (April)
<b>10:00-10:50 am</b>	Strength & Length (Carrie)	Easy Flow Yoga (Leah)	Mobility (Zach)	Easy Flow Yoga (Leah)	Funday Friday (Brittany)	
<b>11:00-11:50 pm</b>	Senior Circuit (Ahmad)	Silver Sneakers Classic (Ahmad)	Senior Circuit (Ahmad)	Silver Sneakers Classic (Ahmad)	Senior Circuit (Ahmad)	
<b>12:10-12:50 pm</b>	Cardio Bands (Ahmad)	Tabata (Carrie)	Cardio Bands (Ahmad)	Tabata (Carrie)	Cardio Bands (Ahmad)	
<b>1:00 - 1:30 pm</b>						
<b>4:15 - 5:15 pm</b>		Yoga - Class Choice (Leah)		Yoga - Class Choice (Leah)		

**Classes are subject to changes or cancellations**

FOLLOW & SUPPORT US on [Instagram @unionhealthfitness](#) & [Facebook \(Union Health Center for Fitness & Performance\)](#)