

# Rowan Medicine Wellness Center

# Group Exercise Class Schedule

|                       | MON           | TUES   | WED              | THURS                               | FRI           |
|-----------------------|---------------|--|------------------|-------------------------------------|---------------|
| <b>7:15-7:30 am</b>   | Awesome Abs   |  | Awesome Abs      |                                     | Awesome Abs   |
| <b>9:00-10:00 am</b>  | Boot Camp 101 | Classes require 2 or more people, otherwise it will be cancelled |                  |                                     | Boot Camp 101 |
| <b>12:15-12:45 pm</b> | TRX           | Miracle Mile   | Total Body Blast | Pilates                             |               |
| <b>5:15-6:00 pm</b>   | Circuits      | Boot Camp  | Butts & Guts     | Track Attack<br><b>5:15-5:45 pm</b> |               |
| SAT                   |               |  |                  |                                     |               |
| <b>9:15-9:45 am</b>   | Body Sculpt   | <b>11:00-11:45 am</b>  | Boot Camp        |                                     |               |