

RECREATIONAL CENTER

CLASSES - Fall 2015

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	YOGA	PILATES	YOGA	PILATES	
10:00 AM		ZUMBA		ZUMBA	
2:15 AM					BFEx
3:15 AM		INDOOR CLIMBING 101		INDOOR CLIMBING 101	HIP HOP
4:15 AM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
6:15 AM		ABS&LEGS	BFEx	ABS&LEGS	AIKIDO
7:15 AM		STRETCHING + TOTAL BODY	HIP HOP	STRETCHING + TOTAL BODY	
8:15 AM	MUAY THAI	LATIN DANCE	MUAY THAI	LATIN DANCE	

OPEN FROM: MONDAY-THURSDAY: 8 AM TO 10 PM

FRIDAY-SUNDAY: 10 AM TO 8 PM

VALID JCU ID CARD NEEDED TO ENTER THE GYM

MEMBERSHIP: Current enrolled student
ELEGIBILITY: Valid Italian physical certificate
 Completed athletics form



OFFICE HOURS: 9 am - 5 pm
EMAIL: athletics@johncabot.edu