Fitness Center Schedule

Monday	6 a.m. - 9 p.m.
Tuesday	8 a.m. - 9 p.m.
Wednesday	6 a.m. - 9 p.m.
Thursday	8 a.m. - 9 p.m.
Friday	6 a.m. - 6 p.m.
Saturday	10 a.m. - 2 p.m.
Sunday	Closed

The Fitness Center is closed on holidays and scheduled breaks in the semester.

Fitness Class Schedule

MON.	TUES.	WED.	THUR.	FRI.
12-Noon **Core Strength** w/ Dixie		12-Noon **Yoga** w/ Dixie		12-Noon **Zumba** w/Ronique
		4:30 p.m. **Tai Chi** w/ John and Beverly		
5:30 p.m. **Tabata Fitness** w/ April	6 p.m. **Hip-Hop Fitness** w/ Ronique	5:30 p.m. **Cardio-Kick** w/ Lynnette	6 p.m. **Zumba** w/ Brooke	

All Fitness Classes, except for Spinning, are offered in the Aerobic Room of the Student Fitness Center. All patrons must present a valid CCGA ID to gain access to the facility.