

Gorilla Basic Training

Schedule of Class Sessions - Tentative

6:00 – 6:45am

Weede Physical Education Building

<u>Date</u>	<u>Type of Class</u>	<u>Location</u>	<u>Instructor</u>
Monday, Mar 26	Walking	Step Room	Cassie Embry
Wednesday, Mar 28	Walking	Step Room	Cassie Embry
Friday, Mar 30	Body Toning	Step Room	Cassie Embry
Monday, Apr 2	Body Toning	Step Room	Cassie Embry
Wednesday, Apr 4	Stability Ball	Step Room	Aril Commons
Friday, Apr 6	Stability Ball	Step Room	Aril Commons
Monday, Apr 9	Low Impact Aerobics	Step Room	Cassie Embry
Wednesday, Apr 11	Low Impact Aerobics	Step Room	Cassie Embry
Friday, Apr 13	Weight Training	Weight Room	Scott Gorman
Monday, Apr 16	Weight Training	Weight Room	Scott Gorman
Wednesday, Apr 18	Stability Ball	Step Room	Cassie Embry
Friday, Apr 20	Stability Ball	Step Room	Cassie Embry
Monday, Apr 23	TBA	Step Room	TBA
Wednesday, Apr 25	TBA	Step Room	TBA
Friday, Apr 27	Step Aerobics	Step Room	Aril Commons
Monday, Apr 30	Step Aerobics	Step Room	Aril Commons
Wednesday, May 2	Kickboxing	Step Room	Aril Commons
Friday, May 4	Kickboxing	Step Room	Aril Commons

The Step Room and the Weight Room are both located in the northeast corner, 1st floor, Weede. Park in the North parking lot and enter the north side of the building, east door.