

# Non-Credit Group Exercise

Come join us for exercise!

Choose from **6 different styles** and **13 sessions!**

- ◆ Group Circuit
- ◆ Booiaka
- ◆ Zumba



- ◆ Body Dynamics
- ◆ Power Hour
- ◆ Yoga Flow

## Community

Full Semester- #Fitness 37594 162: \$100

Mon 02/01/16 – Fri 05/13/16

Pro Rate Semester- #Fitness 37596 162: \$55

Mon 03/21/16 – Fri 05/13/16

## Student

Full Semester- #Fitness 37592 162: \$50

Mon 02/01/16 – Fri 05/13/16

Pro Rate Semester- #Fitness 37593 162: \$30

Mon 03/21/16 – Fri 05/13/16

## Employee

Full Semester- #Fitness 37592 162: \$ 50

Mon 02/01/16—Fri 05/13/16

Pro Rate Semester—#Fitness 37593 162: \$30

Mon 03/21/16— Fri 05/13/16

For more info...Contact Fitness Front Desk@ 623/935-8400



ESTRELLA MOUNTAIN  
COMMUNITY COLLEGE  
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# Non-Credit Group Exercise Schedule

**Location: Student Union Aerobics Rm**

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	<b>Group Circuit 6:45 - 7:40 AM</b>	6:00 AM	<b>Group Circuit 6:45 - 7:40 AM</b>	6:00 AM
7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM
<b>Body Dynamics 8:00 - 8:55AM</b>	8:00 AM	<b>Body Dynamics 8:00 - 8:55AM</b>	8:00 AM	<b>Body Dynamics 8:00 - 8:55AM</b>
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<b>Booiaka 1:00 - 1:55 PM</b>	<b>Power Hour 1:00 - 1:55 PM</b>	<b>Booiaka 1:00 - 1:55 PM</b>	<b>Power Hour 1:00 - 1:55 PM</b>	1:00 PM
2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
<b>Yoga Flow 5:00 - 5:55 PM</b>	<b>Zumba 5:00 - 5:55 PM</b>	<b>Yoga Flow 5:00 - 5:55 PM</b>	<b>Zumba 5:00 - 5:55 PM</b>	5:00 PM
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM

**View Class Descriptions @**<http://www.estrellamountain.edu/fitness>



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