



G-5680

275-2437

[www.urmc.rochester.edu/fitness-center](http://www.urmc.rochester.edu/fitness-center)

# Class Schedule

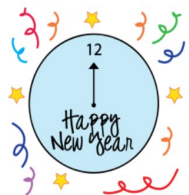
## January 2020

Classes in bold require advance registration and payment

MONDAY			
11:30-12:15	<i>Sculpt It</i>		Gym
<b>12:15-1:00</b>	<b>Fit For Life (Jan 27)</b>	<b>Michael</b>	<b>Studio</b>
5:15-6:15	<i>Power Pump</i>	Scott	Gym
<b>5:20-6:15</b>	<b>Yoga (starts 1/13)</b> M:16, NM:22	<b>Patricia</b>	<b>Studio</b>
TUESDAY			
12:15-1:00	<i>Zumba*</i>	Fernando	Studio
5:15-6:00	WERQ®	Laura	Gym
WEDNESDAY			
11:30-12:15	<i>Kickboxing</i>	Heather	Studio
5:15-6:15	<i>Power Pump</i>	Scott	Gym
THURSDAY			
12:00-12:45	<i>Total Body</i>	George	Gym
5:30-6:20	Zumba	Caren	Studio
FRIDAY			
11:30-12:15	<i>Boot Camp</i>		Gym

Specialty classes:

**KARATE** - Tuesday & Thursday, 6:30-8:30 PM  
- Saturday, 10:00AM - 12:00P M



You must sign in to attend classes marked with an asterisk  
\*Registration is free & begins 15 minutes prior to start of class.

All classes require a minimum of 8 participants to continue.