

REC PRAIRIE VIEW A&M UNIVERSITY SPORTS

GET FIT IN 2012

MONDAY-THURSDAY GROUP FITNESS CLASSES

LOCATION	ACTIVITY	TIME
RACQUETBALL/GROUP FITNESS ROOM # 2 FIT/WELL SPIN ROOM# 4	BOOTCAMP & CARDIO BEGINNERS SPINFIT INTERMEDIATE ADVANCE SPINFIT	5:30P & 6:30P (20PPL MAX) 5:30P (10 PPLMAX) 6:30P (10 PPL MAX)
FIT/WELL ROOM # 5 FIT/WELL ROOM #6	CARDIO & DUMBBELLS TOTAL BODY WORKOUT	3P-8:45P 3P-8:45P

MULTI-ACTIVITY SPACE/CHEERLEADING:

MON-WED	DANCING DOLLS	5P-7:30P
MON & WED	CHEERLEADERS	9P-11P
MON/WED	INSANITY FIT CLUB BY BEACH BODY (40PPL)	7:30P-8:30P STARTS 2/1
TUES/THUR	TURBO FIRE FIT CLUB BY BEACH BODY (40 PPL)	6:30P-7:30P STARTS 2/7

FITNESS & WELLNESS PROGRAMS

ACTIVITY	DAYS	TIME
POWER HOUR FITNESS 21 DAY SPRING BREAK CHALLENGE	2/7-3/6 2/7, 2/14,2/21,2/28,3/6	1 HR 3X WEEK
POWER HOUR TUESDAY'S TOTAL BODY TONE UP W/ CAB	2/8,2/15,2/22,2/29,3/7	6P-7P
WELLNESS WEDNESDAYS	2/27,2/29,3/5,3/7,3/19,3/21, 3/26,3/28	5:30P-6:30P
5 WEEK 5K PREP INAUGURAL PLAY IT FOR LIFE 5K RUN/WALK & HEALTHY U		11:15A-12:15P TBA

One-time registraton required for access to any Beach Body Fit Club www.pvamu.edu/recsports.
Under Fitness & Wellness section click IMLeagues

Workout clothes, shoes, towel & water NEEDED!

Note: See full Policies & Procedures for activities and game rules for tournament on our website.

"Play It For Life!"

FITNESS & WELLNESS PROGRAMS CLASS & ACTIVITY SCHEDULE

FMI: WWW.PVAMU.EDU/RECSports | 936-261-9368 | RECSports@PVAMU.EDU |
FOR SPECIAL ASSISTANCE CALL 936-261-3585

PVAMU
ID
REQUIRED
STARTING
FEB 1ST