



Fitness Schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
6-8am	Open Gym at Davis and Merrill		Open Gym at Davis and Merrill		Open Gym at Davis and Merrill
8am	Boot Camp w/ Mike 8-9am (Merrill)		Boot Camp w/ Mike 8-9am (Merrill)		Boot Camp w/ Mike 8-9am (Merrill)
11am		Water Aerobics w/ Johanne 11-12 (pool)	Water Zumba w/ Adriane 11-12 (pool)	Water Aerobics w/ Johanne 11-12 (pool)	Water Zumba w/ Adriane 11-12 (pool)
12pm	Tone and Tighten w/ Johanne 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)	Yoga w/ Lydia 12-1 (Dance Studio)	Tone and Tighten w/ Johanne (Merrill) 12-1 Yoga w/ Heidi (Muskie) 12-1 Boot Camp w/ Mike 12-1pm (Merrill)	Yoga w/ Lydia 12-1 (Dance Studio) Zumba! w/ Cynthia 12-1 (Merrill)	Tone and Tighten w/ Jen 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)
4-45pm		Qi Gong w/ Jason 4:45-5:45 (Muskie)	Yoga w/ Gabrielle 4:45-5:45 (Skelton)		

Classes are open to all Bates employees, spouses and dependants. No need to sign up, just show up! Questions? Contact Mike Milliken (753-6936 or mmillike@bates.edu)