



Fitness Schedule September-December '14

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>6-8am</i>	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)
<i>8am</i>	Boot Camp w/ Mike 8-9am (Merrill)		Boot Camp w/ Mike 8-9am (Merrill)	Yoga w/ Lydia 8- 9am (Dance Studio)	Boot Camp w/ Mike 8-9am (Merrill)
<i>11am</i>		Water Aerobics 11- 11:45am (Pool)	Water Zumba 11- 11:45am (Pool)	Water Aerobics 11- 11:45am (Pool)	Water Zumba 11- 11:45am (Pool)
<i>12pm</i>	Tone and Tighten w/ Johanne 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)	Yoga w/ Lydia 12-1 (Dance Studio) Jump Rope w/ Jan 1:10-1:30pm (Merrill)	Tone and Tighten w/ Johanne (Merrill)12-1pm Yoga w/ Heidi 12- 1pm (Skelton) Boot Camp w/ Mike 12-1pm (Merrill)	Zumba w/ Cynthia 12-1pm (Merrill) Jump Rope w/ Jan 1:10-1:30pm (Merrill)	Tone and Tighten w/ Jen 12-1 (Merrill) Boot Camp w/ Mike 12-1pm (Merrill)
<i>4-45pm</i>		Qi Gong w/ Don 4:45- 5:45pm (Muskie)	Yoga w/ Gabrielle 4:45-5:45pm (Muskie) <i>*No Class 9/24*</i>		

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)