



Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6-8 am	Open Gym (Merrill)		Open Gym (Merrill)		Open Gym (Merrill)
8-9 am	Boot Camp w/ Mike (Merrill)	Spin w/ Rosy (Gray Cage)	Boot Camp w/ Mike (Merrill)	Spin w/ Rosy (Gray Cage)	Boot Camp w/ Mike (Merrill)
11-11:45 am		Water Aerobics (Pool)		Water Aerobics (Pool)	
12-1 pm	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike (Merrill)	Zumba w/ Cynthia (Merrill) Yoga w/ Lydia (Small Dance Studio) Kinstretch w/ Mike (Merrill)	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike (Merrill)	Zumba w/ Cynthia (Merrill) Kinstretch with Mike (Merrill)	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike (Merrill)
4:45-5:45 pm		Qi Gong w/ Don (Chase downstairs)	Yoga w/ Gabrielle (Chase)		

Classes are free and open to all Bates employees, spouses and dependents. No need to sign up, just show up!

Questions? Contact Mike Milliken (753-6936 or mmillike@bates.edu)

Class time's and locations are subject to change