



Fitness Schedule Summer 2017

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 M. (Merrill)		Boot Camp w/ Mike M		Boot Camp w/ Cormac (Merrill)
11-11:45 am		Water Aerobics (Pool)*		Water Aerobics (Pool)*	
12-1 pm	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike M. (Merrill)	Zumba w/ Cynthia (Merrill) Yoga w/ Lydia (Small Dance Studio)	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Mike M. (Merrill)	Zumba w/ Cynthia (Merrill) Kinstretch with Mike S. (Merrill)	Tone and Tighten w/ Johanne (Merrill) Boot Camp w/ Cormac (Merrill)
4:45-5:45 pm		Qi Gong w/ Don (Chase downstairs)	Yoga w/ Lydia (Chase downstairs)		

Schedule is valid June 19 – August 18th 2017

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) with questions.

* Water Aerobics will have less consistent meetings due to swim camps, contact Mike for details.