



## Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6-8 am	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)	Open Gym (Merrill)
8-9 am	Boot Camp w/ Mike (Merrill)		Boot Camp w/ Mike (Merrill)	Yoga w/ Lydia (Dance Studio)	Boot Camp w/ Mike (Merrill)
11-11:45 am		Water Aerobics (Pool)	Water Zumba (Pool)	Water Aerobics (Pool)	Water Zumba (Pool)
12-1 pm	Tone and Tighten w/ Johanne (Merrill)  Boot Camp w/ Mike (Merrill)	Yoga w/ Lydia (Dance Studio)  Zumba w/ Cynthia (Merrill)	Tone and Tighten w/ Johanne (Merrill)  Boot Camp w/ Mike (Merrill)  Yoga w/ Heidi (Muskie)	Zumba w/ Cynthia (Merrill)	Tone and Tighten w/ Jen (Merrill)  Boot Camp w/ Mike (Merrill)
1:10-1:30 pm		Jump Rope w/ Jan (Merrill)		Jump Rope w/ Jan (Merrill)	
4:45-5:45 pm		Qi Gong w/ Don (Muskie)	Yoga w/ Gabrielle (Muskie)		

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](mailto:mmillike@bates.edu))