

* WINTER 2010 *

TERM

HOURS:

Mondays – Thursdays:

6:30am – 10:00pm

Fridays:

6:30am – 8:00pm

Saturdays:

1:00pm – 6:00pm

Sundays:

3:00pm – 10:00pm

Friday, March 12th: 6:30am – 2:00p

GROUP EXERCISE CLASS SCHEDULE:

Classes begin the week of January 11th:

Mondays: No classes

Tuesdays:

12:40 Yoga

Wednesdays:

7:00am Pilates & 5:30pm Cardio Blast

Thursdays:

12:40 Yoga

Fridays & Saturdays: No classes

Sundays: 4:30pm Pilates

Questions? Suggestions? Concerns?
Contact the Fitness Center Manager at
smitht@unca.edu or 336.770.3286!