

2009 Fall Semester/ RECREATIONAL SPORTS

HHS/Arena

Arena Pool - M-F 11AM-1:00PM (lap swim only)
North Gym, Racquetball Courts, Sauna - M-F 4-9PM
Sat - 9AM - 12Noon / **Sun** - 6- 9PM

SRC (Student Rec Center) *

SRC Pool: M-W-F 6-8AM
M-F 11AM-9PM
Sat 9AM- 9PM
Sun 12 - 9PM

SRC Building Hours: M- F 6AM-12AM
Sat 9AM- 10PM
(Family Hours 9AM - 12NOON)
Sun - 12NOON - 12AM

Group X Classes (effective 9/22/09)

| Time | Mon | Tue | Wed | Thurs | Fri | Sat |
|---------|---------------|------------------|---------------|------------------|---------------|-------|
| 6:00AM | Cycle | Cycle | Cycle | Cycle | Cycle | |
| 9:00AM | | | | | | Yoga |
| 10:00AM | | | | | | Zumba |
| 11:00AM | Senior Splash | | Senior Splash | | | |
| 12:00PM | Water Fit | Cardio H2O | | Cardio H2O | | |
| | Cycle | Yoga | Cycle | Yoga | | |
| 5:00PM | Training | Cycle | Power Ball | Cycle | Step Strength | |
| | | Hybrid Grappling | | Hybrid Grappling | | |
| | Cycle | Zumba | Water Fit | Zumba | | |
| 6:00PM | Mat Pilates | | Step It Up | Kickboxing | | |
| 7:00PM | Zumba | | | | | |
| | | | | | | |

Homecoming Schedule

Friday, Oct. 23

HHS (regular schedule applies)
SRC closes at 10PM

Sat., October 24, 2009

HHS Building - **CLOSED**

SRC 12NOON - 7PM
POOL 12NOON - 6PM
(Gym closes at 6PM for dance)

Sun. October 25, 2009

Regular schedules apply

Go Sycamores!

