

April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Protect Our Earth Month On all campus walks, we will be picking up trash to clean up our trails and campus. If you want to wear gloves, please bring your own. We will provide trash bags and hand sanitizer. Wear your Earth Day shirt for double points for the week on April 22nd.				1 Strength Training @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC Latin Aerobics @ 5:45 pm-RWC Rowdy Studio	2 Strength Training @ 6 am-RWC Rec Studio Campus Walk-Green Trail @ 12 pm FREE FRIDAYS @ RWC	3
4 <i>April Assessments</i> _____ Pilates @ 6 am-RWC Rec Studio Campus Walk—Blue Trail @ 12 pm Yoga/Pilates Fusion @ 6:30 pm-RWC Orange Studio	5 _____ Zumba @ 12 pm-RWC Rec studio Strength Training @ 5:30 pm - DTC	6 _____ Zumba @ 12 pm-RWC Rec studio Strength Training @ 5:30 pm - DTC	7 _____ Strength Training @ 6 am-RWC Rec Studio Campus Walk—Orange Trail @ 12 pm	8 _____ Strength Training @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC Latin Aerobics @ 5:45 pm-RWC Rowdy Studio	9 Strength Training @ 6 am-RWC Rec Studio Campus Walk-Red Trail @ 12 pm FREE FRIDAYS @ RWC	10
11 <i>January Mid-Assessments</i> _____ Pilates @ 6 am-RWC Rec Studio Campus Walk—Green Trail @ 12 pm Yoga/Pilates Fusion @ 6:30 pm-RWC Orange Studio	12 _____ Zumba @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC	13 _____ Zumba @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC	14 _____ Strength Training @ 6 am-RWC Rec Studio Benefits of Strength Training by Dr. Meizi He--Lunch 'n' Learn @ 12 pm—Magnolia Rm. UC 2.01.30 Campus Walk-Blue Trail @ 12 pm	15 Strength Training @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC Latin Aerobics @ 5:45 pm-RWC Rowdy Studio	16 Strength Training @ 6 am-RWC Rec Studio Campus Walk-Orange Trail @ 12 pm FREE FRIDAYS @ RWC	17
18 Pilates @ 6 am-RWC Rec Studio Campus Walk—Red Trail @ 12 pm Yoga/Pilates Fusion @ 6:30 pm-RWC Orange Studio	19 _____ Zumba @ 12 pm-RWC Rec Studio Lunch 'n' Learn-DTC TBA Strength Training @ 5:30 pm-DTC	20 _____ Zumba @ 12 pm-RWC Rec Studio Lunch 'n' Learn-DTC TBA Strength Training @ 5:30 pm-DTC	21 Strength Training @ 6 am-RWC Rec Studio Campus Walk—Green Trail @ 12 pm	22 EARTH DAY Strength Training @ 12 pm-RWC Rec Studio Campus Walk-Blue Trail @ 12 pm Strength Training @ 5:30 pm-DTC Latin Aerobics @ 5:45 pm-RWC Rowdy Studio	23 Strength Training @ 6 am-RWC Rec Studio Campus Walk-Orange Trail @ 12 pm FREE FRIDAYS @ RWC	24
25 Pilates @ 6 am-RWC Rec Studio Campus Walk—Red Trail @ 12 pm Demo-Kitchen @ 5:30 pm-RWC Yoga/Pilates Fusion @ 6:30 pm-RWC Orange Studio	26 _____ Zumba @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC	27 _____ Zumba @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC	28 Strength Training @ 6 am-RWC Rec Studio Shaping Up For Summer @ 11 am-1 pm—Roadrunner Café	29 Strength Training @ 12 pm-RWC Rec Studio Strength Training @ 5:30 pm-DTC Latin Aerobics @ 5:45 pm-RWC Rowdy Studio	30 Strength Training @ 6 am-RWC Rec Studio Campus Walk-Green Trail @ 12 pm FREE FRIDAYS @ RWC	