GROUP FITNESS SCHEDULE
MAY 13 - MAY 30

MON 12-12:30PM JUNGLE GYM CIRCUITS - TARA - FITNESS FLOOR
MON 3:30-5PM SHOTOKAN KARATE - JIM - STUDIO 2
MON 5:15-6:15PM YOGA - ISABELLE - STUDIO 2
TUES 5:15-6PM TOTAL BODY STRENGTH - KAYLA - STUDIO 2
WED 12-12:30PM JUNGLE GYM CIRCUITS - STEVE - FITNESS FLOOR
WED 3:30-5PM SHOTOKAN KARATE - JIM - STUDIO 2
WED 5:15-6:15PM YOGA - ISABELLE - STUDIO 2
THUR 5:15-6PM TOTAL BODY STRENGTH - KAYLA - STUDIO 2

CLASS DESCRIPTIONS

- **JUNGLE GYM CIRCUITS:** Using all the fun training tools, the jungle gym and it's monkey bars, learn some fun new tricks to add to your workout bag! Promises to be fun, intense and quick!
- **SHOTOKAN KARATE:** This a traditional Japanese/Okinawan martial art designed to strengthen the mind and body. Beginners are welcome! This class is open to all students, faculty and staff. To learn more about CCU Shotokan please visit ccu.ska.org.
- **TOTAL BODY STRENGTH:** A full body workout that will help you strengthen and tone!
- **YOGA:** Focused for Beginners We will build strength and flexibility with basic postures & work to perfect new ones. Yoga will test your body to new limits. We will try new things and freestyle along the way.

SCHEDULE AVAILABLE ONLINE
WWW.COASTAL.EDU/RECREATION/FITNESS
NEW SCHEDULE EACH MONTH