# Spring 2014 Schedule

<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
</tr>
</thead>
</table>
| **East Neighborhood** | **6:45pm-7:45pm Yoga**
Hanna Holmes Rm C-101  
"No classes 3/2, 3/9, 4/20, 4/27" | **6:45pm-7:45pm Zumba®**
Audrey Hubbard Rm 132  
9:15pm-10:15pm Zumba®
MacKenzie/Wesley Holmes Rm C-103/104 | **5:45pm-6:45pm Yoga**
Becca Wonders Private Dining Hall  
5:30pm-6:30pm Cardio Kickbox
Brenna Holden Studio  
7:00pm-8:00pm Zumba®
Erin E./Emily Wonders North Dining Hall  
5:45pm-6:45pm Yoga
Becca Holden Studio | 7:00pm-7:45pm Zumba®
Wesley/Alyssa Wonders North Dining Hall  
5:45pm-6:45pm Yoga
Becca Holden Studio | 7:00pm-7:45pm Ultimate Workout
Phil Holden Studio |
| **South Neighborhood** | **4:45pm-5:30 pm**
Beginning Ballet I
Liz Holden Studio  
**5:35pm-6:30pm**
Intermediate Ballet
Liz Holden Studio  
**6:45pm-7:45 pm**
Yoga
Sean Holden Studio  
"No classes 3/2, 3/9, 4/20, 4/27" | **7:15pm-8:15pm Zumba®**
Tori Wonders North Dining Hall  
**5:45pm-6:45pm Yoga**
Becca Wonders Private Dining Room  
**5:30pm-6:30pm**
Cardio Kickbox
Brenna Holden Studio  
**7:00pm-8:00pm**
Zumba®
Erin E./Emily Wonders North Dining Hall  
**5:45pm-6:45pm Yoga**
Becca Holden Studio  
**5:45pm-6:45pm Yoga**
Becca Holden Studio | **7:15pm-8:00pm Yoga**
Ultimate Workout
Phil Brody Square Rm 112  
**9:05pm-9:30 pm**
Butts n' Guts
Brody Square Rm 134  
**8:00pm-9:00pm**
Zumba®
Brody Square Rm 134  
**7:15pm-8:00pm Yoga**
Ultimate Workout
Phil Brody Square Rm 112  
**9:05pm-9:30 pm**
Butts n' Guts
Brody Square Rm 134  
**8:00pm-9:00pm**
Zumba®
Brody Square Rm 134 | **6:00pm-6:45pm Beginner Water Exercise**
Loretta IM Circle Pool  
**6:45pm-7:30pm Aqua Boot Camp**
Loretta IM Circle Pool  
**6:30pm-7:30pm Cardio Kickboxing**
Kate F. Abbot Lounge | **6:00pm-6:45pm Beginner Water Exercise**
Loretta IM Circle Pool  
**6:45pm-7:30pm Aqua Boot Camp**
Loretta IM Circle Pool  
**6:30pm-7:30pm Cardio Kickboxing**
Kate F. Abbot Lounge |
| **Brody Neighborhood** | **8:00pm-9:00pm Zumba®**
Amalia/Emily Brody Square Rm 138  
"No classes 3/2, 3/9, 4/20, 4/27" | 7:15pm-8:00pm Yoga
Buddy Brody Square Rm 112 | **5:30pm-6:30pm Yoga**
Hanna/Cameron Snyder Rm C-302/304 | **7:30pm-8:30pm Yoga**
Wesley/Danielle Abbot Lounge  
**5:30pm-6:45pm Yoga**
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 | **7:30pm-8:30pm Yoga**
Wesley/Danielle Abbot Lounge  
**5:30pm-6:45pm Yoga**
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 |
| **North Neighborhood** | **5:30pm-6:30pm Yoga**
Hanna/Cameron Snyder Rm C-302/304 | **6:45pm-7:45pm Yoga**
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 | **5:30pm-6:45pm Yoga**
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 | **5:30pm-6:45pm Yoga**
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 |
| **River Trail Neighborhood** | 7:00pm-8:00pm Zumba®
Sarah S. McDonel East Lower Lounge  
"No classes 3/2, 3/9, 4/20, 4/27" | **8:00pm-9:00pm Zumba®**
Danielle Shaw Rm 20 | 5:30pm-6:45pm Yoga
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 | 5:30pm-6:45pm Yoga
Zoe McDonel Kiva C-107  
6:30pm-7:30pm B'boying Carl Shaw Rm 20 |

**PLEASE NOTE:** A valid MSU ID is required for entry into all fitness classes.