



# Make Up Schedule Spring 2019

**ALL MAKE UPS ARE MONDAY ONLY  
FROM MEMORIAL DAY.**

**IF NOT REGISTERED, YOU MAY ATTEND CLASSES WITH A FLEX PASS.**

AM Cardio Machines with Garret Van Ree	M 7-7:50 am	Lang 013
Cardio Kickboxing with Dee Gillen	M 12-12:50 pm	Lang 200
Step/Sculpt with Amanda Kidwell or Dee Gillen	M 5:15-6:15 pm	Lang 200
Noon Aqua Aerobics with Hanna Brewer	M 12-12:50 pm	WB Pool
Masters Swim Workout with Drew Ibarra	M 12-1:00 pm	Lang Pool
Therapeutic Water Exercise with Garret Van Ree	M 5:15-6 pm	WB Pool
Functional Fitness with Jessica Caze	M 12-12:50 pm	Lang 301
Back & Postural Therapy with Nikki Kurth	M 12:30-1:20 pm	WB 009
Vinyasa Flow Yoga with Rick Brand	M 12-12:50 pm	WB 204
Therapeutic Stretch with Kenzie Sanderford	M 5:15-6:05 pm	WB 204
Pilates I with Laura Luczkiw	M 11-11:50 am	Lang 200
Weight Training with Kylee Wong	M 7-7:50 am	Lang 006
MWF Cardio Weights Nick DeGandi	M 11-11:50 am	Lang 006
Weight Training Kylee Wong	M 4:15-5:05 pm	Lang 006
Weight Training Alisha Carlson	M 5:15-6:05 pm	Lang 006

**GOLF II WILL HAVE A MAKE UP WEDNESDAY, JUNE 12.**