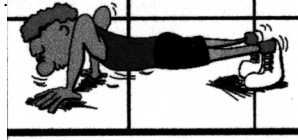
GILLUM FITNESS CENTER

Bldg. 2086
Ph. 977-2354

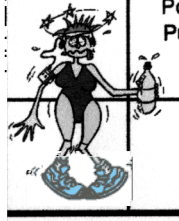
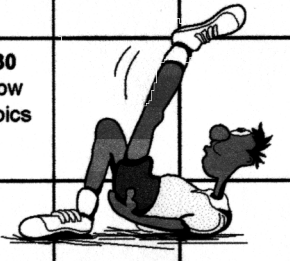
SUN	MON	TUE	WED	THU	FRI	SAT
	1115 Cardio Kickboxing	**1115** Step Aerobics	**1115** Interval Training	**1115** Step & Sculpt	**1115** Yoga Strength	
	1630 Cardio Kickboxing		**1630** Cardio Kickboxing	**1630** Yoga Pilates		
	**1730** Step Aerobics	**1730** Step X-tra	**1730** Step Conditioning	**1730** Step X-tra		

Class times and instructors are subject to Change. Please call for verification

Hours of Operation
Monday – Friday 0500 –2100
Saturday, Sundays, & Holidays 0900 - 1600

GATEWAY FITNESS CENTER

Bldg. 10330
Ph. 671-1FIT

SUN	MON	TUE	WED	THU	FRI	SAT
						1030 Step Aerobics
	1115 Circuit Training		**1115** Step & Sculpt		**1115** Cardio Kickboxing	
		1130 Turbo Step		**1130** Turbo Step		
	1630 Cardio Kickboxing	**1630** Step & Body Ball	**1630** Cardio Kickboxing	**1630** Power Yoga	**1630** Cardio Kickboxing	
	**1730** Power Pump	**1730** Yoga/ Pilates	**1730** Step & Power Pump	**1730** Hi-Low Aerobics		

ALL CLASSES ARE FREE

Aerobic classes are provided for individual fitness needs, not intended for unit/group sponsored activities.

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