


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RSC South Gym							
7:30 am		Step it Up! 45		Body Sculpt 45			
8:30 am	Cardio Blast 45		20/20/20 45				
9:30 am	Get on the Ball! 55		Step it Up! 55				
11:00 am	Total Body Conditioning - 45		Body Sculpt 45		Get on the Ball! 45		
12:00 pm	Step it Up! 45	Cardio Blast 55	Core Crunch 45	Total Body Conditioning - 55	20/20/20 55	Wild Card 45	
3:30 pm	20/20/20 55	Cardio Blast 45	Body Sculpt 55	Turbo Sculpt 45	Total Body Conditioning - 55		
4:30 pm	Body Sculpt 55	Get on the Ball! 45	20/20/20 55	Step it Up! 45	Cardio Blast 55		
5:30 pm	Turbo Kick® 55	Zumba® 55	Cardio Blast 55	Body Sculpt 55	Turbo Kick® 55		
6:30 pm	Get on the Ball! 55	Body Sculpt 55	Turbo Kick® 55	Zumba® 55			Wild Card 45
7:30 pm	Cardio Blast 55	Turbo Kick® 55	Zumba® 55	20/20/20 55	Featuring 20/20/20 - A high-powered class giving you cardio/body sculpting/core training. Zumba® - Like to dance? You have to try this Latin-inspired craze. Turbokick® - Kick, punch, and groove in this action-packed super fun workout. Get on the Ball! - This stability ball workout will tone your body and sculpt your core. For more classes, visit www.purdue.edu/recsports		
8:30 pm	Upper Body, Abs, Back - 30	Core Crunch 30	Lower Body, Abs, Back - 30	Core Crunch 45			
Aqua Diving Pool - Open to all DRS Members! No Group Exercise pass required for Aqua classes.							
12:15 pm		Aqua Strength & Tone - 45		Aqua Body Blast 45	Featuring 20/20/20 - A high-powered class giving you cardio/body sculpting/core training. Zumba® - Like to dance? You have to try this Latin-inspired craze. Turbokick® - Kick, punch, and groove in this action-packed super fun workout. Get on the Ball! - This stability ball workout will tone your body and sculpt your core. For more classes, visit www.purdue.edu/recsports		
7:00 pm	Aqua Body Blast 45		Aqua Strength & Tone - 45				
No Group Exercise pass required for the walking program. Everyone is welcome...all Purdue employees and students, DRS members and non-members!							
12:10 pm	Walking Program 40 - Meet at Hovde		Walking Program 40 - Meet at Hovde		 Scheduled Aug. 24 - Nov. 12 Purdue employees who complete the Walking Program can get a purple apple. www.purdue.edu/healthypurdue		
5:15 pm		Walking Program 40 - Meet at RSC		Walking Program 40 - Meet at RSC			