

Time	Monday	Tuesday	Wednesday	Thursday	Friday
RSC South Gym					
8:30 a.m.	Cardio Blast 45	Body Sculpt 45		Cardio Blast 45	
12:00 p.m.			Cardio Sculpt 55		
12:15 p.m.	Cardio Blast 45				Cardio Blast 45
3:30 p.m.					Cardio Blast 45
4:30 p.m.		Strength Circuit 45		Cardio Sculpt 45	
5:30 p.m.	Cardio Sculpt 55	Cardio Blast 45	Sports Conditioning - 55	Step 45	
6:30 p.m.	Cardio Blast 45		Body Sculpt 45		
AQUA Diving Well					
7:00 a.m.			Aqua Challenge 45		

Group Exercise Policies and Procedures

1. During the 2008 Summer Schedule, participation in any of the classes is free for DRS members and students enrolled full time for the summer.
2. Entry into class is not permitted after the first five minutes of the scheduled start time.
3. Equipment will not be available after the start time of class.
4. Proper athletic clothing and athletic shoes are required.
5. Keep yourself hydrated when exercising. Water bottles are permitted—no other food or drink is allowed.
6. Please clean all equipment before and after each use.
7. For your health and safety, participation is recommended in no more than one cardio and one strength training class per day.

Purdue employee participation helps toward the Wellness Criteria



"Orange Apple" or the Self-Report criteria.

See www.purdue.edu/healthypurdue for details.

Summer 2008 Schedule



*Classes are FREE
all summer long!*

No signups necessary.



For class descriptions, visit
www.purdue.edu/recsports



EAU/EEOU/AAU

Summer Schedule: May 12 - Aug. 1

Reduced Class Schedule: Aug. 4 - 22

No Classes: May 26; July 4

Fall Classes begin Aug. 25!



For class descriptions, visit
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