


SUMMER FITNESS SCHEDULE July 22 - Aug. 21							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am	CARDIO STRENGTH Alicia - 112		CARDIO STRENGTH Alicia - 112		LM EXP BODY PUMP Alicia - 112	 UNIVERSITY OF SOUTH DAKOTA	
6:00-7:00am		LM BODY PUMP Alice - 112		LM BODY PUMP Dottie - 112			
7:00 -7:30am							
7:15-8:15am		YOGA April - 113		YOGA April - 113			
7:30-8:00am	EXPRESS ROW Shanice - 112		EXPRESS ROW Mo/Shanice - 112	CYCLE EXPRESS Shanice - 109	EXPRESS ROW Mo/Shanice - 112		
8:10-8:40am	STRETCH AND CORE Shanice - 112		STRETCH AND CORE Shanice - 112				
8:30 -9:00am							EXPRESS ROW Instructor - 112
8:30-9:15am		FOREVER FIT Mo/Shanice-upstairs		FOREVER FIT Shanice - 112			
8:30-9:30am							HOT YOGA FLOW Hanna - 113
9:00-10:00am							
9:15 - 10:15am							LM BODY PUMP Instructor - 112
9:30 - 10:15am	CHAIR IN MOTION Sandi - 112						
9:30-10:45am							
10:30-11:30am							
12:05-12:50pm	MAT PILATES TBD - 112	MOVE IT - FTR	LM EXP BODY PUMP Stacey - 112	STEP EVOLUTION April - 112	BARRE BLAST Becca - 113		
1:00-1:45pm						CYCLE Wynette- 109	
4:45-5:15pm	CYCLE EXPRESS Shanice - 109						
4:45 - 5:30pm		LM BODY COMBAT Dottie - 112		LM BODY COMBAT Wynette - 112			
5:30 - 6:15pm						If you are a person with a disability and need special accommodations to fully participate, please contact Disability Services 48 hours in advance at 605-658-3745	
5:30 - 6:30pm	LM BODY PUMP Wynette - 112		SLOW FLOW YOGA Sandi - 113		STRETCH RESTORE YOGA Sandi - 113		
6:00 - 7:00pm	HOT YOGA FLOW Hanna - 113						
7:00 - 7:45pm			WERQ Heeyoung - 112				