

USC Recreational Sports

USC WORKOUT

Fall 2009

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning Workouts		7:30am SCycling	7:00am Yoga	7:30am SCycling			10:00am Yoga	
12pm		Muscle Conditioning	Zumba	Mat Pilates	Muscle Conditioning	Yoga	Notes: <ul style="list-style-type: none"> • No classes on holiday week-ends or univer- sity holidays. • SCycling class sign up sheets are available 30min before scheduled class time. • Classes are 50min. • For more info 213.740.5127 	
12pm			SCycling	SCycling	1:00pm Yoga	SCycling		
4:00pm			Yoga	Step	Yoga			Hula Hoop
5:30pm		SCycling Core	SCycling	SCycling	SCycling	SCycling		SCycling
5:30pm			Mat Pilates	Body Blast	Kickboxing	Yoga		Bollywood
Evening Workouts		6:40pm Yoga		6:40pm Hip Hop	7:10pm Zumba	6:40pm Tahitian Dance		
	group exercise classes							

USC Recreational Sports • Lyon Center • www.usc.edu/recsports • Classes begin Sept. 8th through the last day of classes • Classes are held in the Lyon Center Group Exercise Room (downstairs) and the Robinson Fitness Room (upstairs 2nd floor) • Student fee: \$65/sem • Staff/faculty LRC member fee: \$20/sem. Non-member class fee: \$ 10/class • Ask us about Personal Trainers, Massage Therapy, and Private Pilates (on apparatus) Sessions. Updated: 09/03/09

USC **Student Affairs**