<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-2-1 Work w/Nicole 5:30pm</td>
<td>YOGA w/Julia 5:00pm</td>
<td>ZUMBA® w/Cesar 6:00pm</td>
<td>Group Cycle w/Jacquelyn 6:00pm</td>
<td>Triple Threat Boot Camp w/Nicole 5:45pm</td>
</tr>
<tr>
<td>ZUMBA® w/Cesar (In the gym) 6:00pm</td>
<td>Group Cycle w/Tanya 5:30pm</td>
<td>Group Cycle w/Jacquelyn 6:00pm</td>
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<tr>
<td>Barre w/Jenn 7:00pm</td>
<td>Circuit w/Jenn 7:00pm</td>
<td>YOGA w/Lauren 7:00pm</td>
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</tbody>
</table>

Group Exercise Guidelines

- Classes and instructors are subject to change without notice.
- Classes are co-ed and offered on a first-come, first-served basis.
- Reserving spaces is not allowed.
- Please arrive on-time.
- Be considerate of other members' exercise space.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you have medical concerns that may affect your workout, please inform the instructor.
- If you must exit class early, please notify the instructor to let them know you are OK.
- Please refrain from cell phone usage during class.
- All group fitness classes will be cancelled on Harvard recognized holidays.
- Please return all equipment to the proper location.
- Always work at your own pace, and HAVE FUN!

Please call the Athletics Office at 617-432-1942 for more information.
http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility
• **ZUMBA®**: Come join the party with Latin inspired dancing that will increase your cardiovascular endurance. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.

• **BARRE**: An all-levels class that consists of low impact/high repetition movements, with small isometric exercises to target your arms, abdominals, and legs.

• **TRIPLE THREAT BOOT CAMP**: Kickboxing meets boot camp in this three-part workout that includes body sculpting, aerobic training, and kickboxing drills.

• **3-2-1 WORK**: An interval training system including three minutes of strength, two minutes of cardio and one minute of core training.

• **YOGA**: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.

• **GROUP CYCLE**: A 45-minute cycling class that combines jumps, intervals, hills and sprints to promote total body and aerobic fitness. A group cycling class set to music and performed on a specialized bike.

• **CIRCUIT**: A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles.

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