

# Yale Club Group Fitness Schedule



## Regularly Scheduled Weekday Classes

Day	Class	Instructor	Duration
<b>MONDAY</b>			
7:00 AM	<b>Athletic Performance</b>	RJ	60 mins
12:15 PM	<b>Body Toning</b>	Daria	60 mins
6:00 PM	<b>Superfit</b>	RJ	60 mins
7:00 PM	<b>Vinyasa Yoga</b>	LynnMarie	75 mins
<b>TUESDAY</b>			
7:00 AM	<b>Just Sweat</b>	Daria	45 mins
7:45 AM	<b>Abs, Buns &amp; Thighs</b>	Daria	30 mins
12:15 PM	<b>Urban Yoga</b>	L	60 mins
5:45 PM	<b>Yoga for Squash &amp; Athletes</b>	RJ	30 mins
6:30 PM	<b>*Spinning</b>	Troy	45 mins
<b>WEDNESDAY</b>			
7:00 AM	<b>*Spinning</b>	Tanaz	45 mins
12:15 PM	<b>Body Toning</b>	Daria	45 mins
6:00 PM	<b>Pilates</b>	Giovanni	60 mins
7:00 PM	<b>Vinyasa Yoga</b>	LynnMarie	60 mins
<b>THURSDAY</b>			
7:00 AM	<b>Ultrafit</b>	RJ	60 mins
12:30 PM	<b>*Spinning</b>	Tal	45 mins
1:15 PM	<b>Express Lunch Pump</b>	Tal	15 mins
6:00 PM	<b>Superfit</b>	RJ	60 mins
<b>FRIDAY</b>			
7:00 AM	<b>*Spinning</b>	Tanaz	45 mins
12:15 PM	<b>Urban Yoga</b>	L	60 mins

\*Spinning Classes are free for Athletic Package holders and an additional \$10 fee for Non-Athletic Package holders.

## Weekend Schedule

Day	Class	Instructor	Duration
<b>SATURDAY</b>			
11:00 AM	<b>Pilates</b>	Danielle	60 mins
1:45 PM	<b>Vinyasa Yoga</b>	LynnMarie	75 mins
<b>SUNDAY</b>			
2:00 PM	<b>Vinyasa Flow Yoga</b>	Lisa	60 mins

## Hours

Weekdays: Fitness Center: 6:00 AM - 10:00 PM  
Pool: 12:00 - 8:00 PM

Weekends: Fitness Center: 9:30 AM - 6:00 PM  
Pool (Saturday Only): 12:00 PM - 6:00 PM

The pool closes from 2:30 to 3:00 PM for the Lifeguard's break.

## Athletics Package Rates

Regular Package:	\$499 annually
Class of 2010 and Graduate student	Complimentary until July 2011
Class of 2009	50% discount until July 2011
Class of 2008	33% discount until July 2011

Non-Athletic Package holders may use the Fitness Center and Pool for a daily fee of \$15.

Personal Training and Squash Lessons are also available. Please inquire in our Pro Shop.

## *Athletics Contact*

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