



Kansas City Kansas Community College Wellness & Fitness Center

(913) 288-7610 • www.kckcc.edu/wfc



Spring 2020 Group Fitness Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p><u>9:05am-9:55am 2906</u> <i>Stretch w/ Rob</i></p> <p><u>11:00am-11:50am 2906</u> <i>Balance & Body Awareness w/ Joe</i></p> <p><u>12:00pm-12:50pm 2906</u> <i>Practical Yoga w/Pam</i></p> <p><u>1:15pm-1:50pm 2906</u> <i>Boot Camp Fitness w/Trish</i></p> <p><u>5:00pm-5:50pm 2906</u> <i>Body Sculpting w/Deb</i></p>	<p><u>8:00am-8:50am 2906</u> <i>Balance & Stretch w/Deb</i></p> <p><u>9:00am-9:50am 2906</u> <i>Abs & Back w/Trish</i></p> <p><u>9:00am-9:50am 2901</u> <i>Mind Fit w/ Pam 2901</i></p> <p><u>11:00am-11:50am 2906</u> <i>Pilates w/ Joe</i></p>	<p><u>9:05am-9:55am 2906</u> <i>Stretch w/ Rob</i></p> <p><u>11:00am-11:50am 2906</u> <i>Balance & Body Awareness w/ Joe</i></p> <p><u>12:00pm-12:50pm 2906</u> <i>Practical Yoga w/Pam</i></p> <p><u>1:15pm-1:50pm 2906</u> <i>Boot Camp Fitness w/Trish</i></p> <p><u>5:00pm-5:50pm 2906</u> <i>Body Sculpting w/Deb</i></p>	<p><u>8:00am-8:50am 2906</u> <i>Balance & Stretch w/Deb</i></p> <p><u>9:00am-9:50am 2906</u> <i>Abs & Back w/Trish</i></p> <p><u>9:00am-9:50am 2901</u> <i>Mind Fit w/ Joe 2901</i></p> <p><u>10:00am-10:50am 2910</u> <i>Creative Conditioning w/Pam</i></p> <p><u>11:00am-11:50am 2906</u> <i>Pilates w/ Joe</i></p>	<p><u>7:00am-7:50am 2906</u> <i>Walking Workout w/Pam</i></p> <p><u>9:00am-9:50am 2906</u> <i>Stretch w/Pam</i></p> <p><u>11:00am-11:50am 2906</u> <i>Balance & Body Awareness w/ Joe</i></p> <p><u>5:30pm-6:20pm 2906</u> <i>Strength 101 w/ Joe</i></p>	<p><u>9:00am-9:50am 2906</u> <i>Stretch & Conditioning w/ Deb</i></p> <p><u>10:00am-10:50am 2906</u> <i>Body Sculpting w/Deb</i></p> <p>WFC Hours <u>Monday - Thursday</u> 5:30am - 8:30pm <u>Friday</u> 5:30am - 7:00pm <u>Saturday</u> 7:00am - 2:00pm</p>