



**2017 Spring Quarter Recreation Activity Schedule**  
**Classes start April 10<sup>th</sup>**

Revised 4/10/17

| <u>Day</u> | <u>Class</u>            | <u>Time</u>     | <u>Location</u>           | <u>Instructor</u> |
|------------|-------------------------|-----------------|---------------------------|-------------------|
| Monday     | Crew                    | 5:15am (dorm A) | Carpool to Boathouse      | Lydia             |
|            | Strength                | 12:00-1:00pm    | CRC 116/117               | Charlotte         |
|            | Circuit Training        | 5:30-6:30pm     | CRC 117                   | Jamie             |
|            | Open Volleyball         | 7:00-9:30pm     | Main Gym                  | Lani              |
| Tuesday    | Crew                    | 5:15am (dorm A) | Carpool to Boathouse      | Lydia             |
|            | Gentle Flow Yoga        | 7:30-8:30am     | CRC 314                   | Mackenzie         |
|            | Boot Camp               | 7:05-8:00am     | CRC 116/117               | Jamie             |
|            | Zumba                   | 12:00-1:00pm    | Gym (main)                | Angela            |
|            | Paddleboard Yoga        | 1:30-2:00pm     | Pool                      | Christee          |
|            | Paddleboard Yoga        | 2:30-3:00pm     | Pool                      | Christee          |
|            | Tai Chi for Beginners   | 4:30-5:30pm     | CRC 116                   | Carol             |
|            | Jujitsu/Self-Defense    | 5:30-6:30pm     | CRC 116                   | Carol             |
|            | Yoga Stir Fry           | 5:00-5:45pm     | HCC Lobby                 | Christee          |
|            | Fencing Club            | 6:00-8:00pm     | CRC 117                   | Drew              |
|            | Judo Practice           | 7:15-8:45pm     | CRC 116                   | Cheryl            |
|            | *Safe Hours*            | 7:00-9:00pm     | CRC 3 <sup>rd</sup> Floor | CRC Staff         |
| Wednesday  | Crew                    | 5:15am (dorm A) | Carpool to Boathouse      | Lydia             |
|            | Strength                | 12:00-1:00pm    | CRC 116/117               | Charlotte         |
|            | Student Archery         | 1:30-2:30pm     | Gym (back bay)            | Anthony           |
|            | Paddleboard Yoga        | 1:30-2:00pm     | Pool                      | Christee          |
|            | Paddleboard Yoga        | 2:30-3:00pm     | Pool                      | Christee          |
|            | Yoga Stir Fry           | 5:00-5:45pm     | HCC Lobby                 | Christee          |
|            | Boot Camp               | 5:30-6:30pm     | CRC 116/117               | Jamie             |
|            | Open Soccer             | 6:30-8:00pm     | Thunderdome               | Yun               |
|            | Combatitude (Litesaber) | 7:00-8:30pm     | CRC 116/117               | Chuck             |
|            | Gentle Vinyasa          | 7:00-8:00pm     | CRC 314                   | Cali              |
|            | Open Basketball         | 7:30-8:45pm     | Gym (back bay)            | N/A               |
| Thursday   | Crew                    | 5:15am (dorm A) | Carpool to Boathouse      | Lydia             |
|            | Beg. Hatha Yoga         | 7:30-8:30am     | CRC 314                   | Mackenzie         |
|            | Zumba                   | 12:00-1:00pm    | Gym (Main)                | Angela            |
|            | Tai Chi for Beginners   | 4:30-5:30pm     | CRC 116                   | Carol             |
|            | Fencing Club            | 5:00-6:45pm     | CRC 117                   | Drew              |
|            | Jujitsu/Self-Defense    | 5:30-6:30pm     | CRC 116                   | Carol             |
|            | *Safe Hours*            | 7:00-9:00pm     | CRC 3 <sup>rd</sup> Floor | CRC Staff         |
|            | Open Volleyball         | 7:00-9:30pm     | Gym (Main)                | Lani              |
| Friday     | Judo Practice           | 7:15-8:45       | CRC 116                   | Cheryl            |
|            | Crew                    | 5:15am (dorm A) | Carpool to Boathouse      | Lydia             |
|            | Faculty/Staff Archery   | 12:00-1:00      | Gym (back bay)            | Anthony           |
|            | Student Archery         | 1:00-2:30pm     | Gym (back bay)            | Anthony           |
|            | Beg to Inter Hatha Yoga | 3:00-4:00pm     | CRC 116                   | Mackenzie         |
| Saturday   | Open Soccer             | 4:30-6:00pm     | Pavilion                  | Yun               |
|            | Energy Medicine Dance   | 12:30-1:30pm    | CRC 314                   | Paige             |
| Saturday   | Energy Medicine Yoga    | 7:30-8:30am     | CRC 314                   | Paige             |
| Sunday     | Safe Play Basketball    | 5:00-7:00pm     | Gym (Main)                | Linsey            |

*\*Safe Hours\* The CRC is now offering Tuesday and Thursday Safe Hours. The 3rd floor of the Costantino Recreation Center will have its lights dimmed from 7:00-9:00pm, providing a unique and comfortable workout setting.*