

# Tigerx

S U M M E R 2 0 1 0

**JUNE 7 - JULY 30**  
*classes and times subject to change*

**herman louw, fitness coordinator**

573-884-4200, louwh@missouri.edu

ALL CYCLING AND REFORMER CLASSES REQUIRE A RESERVATION.  
**STOP BY BREWER STATION OR CALL**  
**\*882.2067**

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY**

<p><b>a</b> 9-9:50A EXTREME FIT          10-10:50A ABS &amp; GLUTES          4-4:50P ZUMBA          5-5:50P TIGER PUMP          6-6:50P TIGER KICK</p> <p><b>b</b> 5-5:50P REFORMER</p> <p>8-8:50A CORE FUSION  <b>c</b> 11-11:50A MAT PILATES          12-12:50P YOGA          5-5:50P DANCE MIX          6-7:15P YOGA</p>	<p><b>a</b> 7A TIGER RUNNING GROUP          6-6:50P TRIPLE THREAT          7-7:50P ZUMBA</p> <p><b>b</b> 5-5:50P REFORMER</p> <p>8-8:50A MAT PILATES  <b>c</b> 11-11:50A CORE FUSION          12-12:50P YOGA          6:10-7P POWER YOGA</p> <p>5-5:50 INT. CYCLE  <b>tl</b> 6-7:15P EXT. CYCLE          7:20-8:00 INT. CYCLE</p>	<p>7A TIGER RUNNING GROUP  <b>a</b> 9-9:50A EXTREME FIT          10-10:50A ABS &amp; GLUTES          4-4:50P ZUMBA          5-5:50P TIGER PUMP          6-6:50P TIGER KICK</p> <p><b>b</b> 5-5:50P REFORMER</p> <p>8-8:50A CORE FUSION  <b>c</b> 11-11:50A MAT PILATES          12-12:50P YOGA          6-7:15P YOGA</p> <p><b>tl</b> 10-10:50A INT. CYCLE          6-7P ADV. CYCLE</p> <p><b>tp</b> 10-10:30A X2O BOOT CAMP          6:30-7P X2O BOOT CAMP</p>	<p><b>a</b> 7A TIGER RUNNING GROUP          5-5:50P STEP          6-6:50P TRIPLE THREAT          7-7:50P ZUMBA</p> <p><b>b</b> 3:30-4:30P REFORMER</p> <p>8-8:50A MAT PILATES  <b>c</b> 11-11:50A CORE FUSION          12-12:50P YOGA          5-5:50P PILOGA          6:10-7P POWER YOGA</p> <p><b>tl</b> 4-4:50 INT. CYCLE</p>	<p><b>a</b> 10-10:50A ABS &amp; GLUTES</p> <p><b>b</b> 3:30-4:20P REFORMER</p> <p><b>c</b> 10-10:50A YOGA          5-5:50P MAT PILATES</p>
---	---	---	--	--

**a** STUDIO A    **b** STUDIO B    **c** STUDIO C    **tl** TIGER LAIR    **tp** TRUMAN'S POND

**\$39** SUMMER SEMESTER MEMBERSHIP

**\$7** ONE CLASS PASS

AVAILABLE EXCLUSIVELY AT THE MEMBERSHIP DESK

*\*Prices do not include applicable sales tax*