

# Cameron University FITNESS CENTER

# Workout & Win Program



## CU Fall Semester Fitness Center Group Exercise Class Schedule

### Monday:

6:00-7:00AM Running/Walking Program  
5:15-6:15PM ZUMBA

### Tuesday:

6-7AM Interval/Circuit Training  
5:50-6:20PM Kettlebell Training

### Wednesday:

6:00-7:00AM Kettlebell Training  
5:15-6:15PM ZUMBA

### Thursday:

6-7AM Interval/Circuit Training  
5:50-6:20PM Kettlebell Training

### Friday:

6:00-7:00AM Running/Walking Program  
5:15-6:15PM ZUMBA



During each visit to one of our free group exercise classes, a patron may fill out a coupon for a chance to win a great door prize at the end of September.

Coupons will be available Thursday, September 1, 2011 with group exercise instructors/ aerobics area.

**See how many times you can enter your name in the drawing.**

**Try a group  
Exercise Class  
TODAY!**

For more details about the program and how to win call the Fitness Center at 580-581-5555, or check us out online at [www.cameron.edu/fitness\\_center](http://www.cameron.edu/fitness_center)