

FREE FITNESS GROUPS – Spring 2009

Schedule will be posted Apr. 28, 2009

FITNESS GROUPS consist of a group leader and members who have similar interests and fitness goals. The group can choose their own workouts and schedule, according to the needs and desires of the group members. Contact fitnessprograms@byui.edu if you are interested in starting your own group.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:30 am						
7:00-8:00 am						
6:00-7:00 pm						
9:00-10:00 pm						

Groups anticipated for Spring Semester 2009: Triathlon, Half-Marathon