

## WILDERMUTH INTRAMURAL CENTER (HPER) HOURS OF OPERATION

DATES	ACTIVITY SPACE	STRENGTH & CONDITIONING	ROYER POOL
Sat./Sun. 3/12-3/13	8:00AM - 9PM	8:00AM - 9PM	12-2PM, 5:30-8PM
Monday, 3/14	6:00AM - 9PM	6:00AM - 9PM	6:30-7:30AM, 11AM-1:30PM, 5:30-8PM
Tuesday, 3/15	6:00AM - 9PM	6:00AM - 9PM	11AM-1:30 PM, 5:30-8PM
Wednesday, 3/16	6:00AM - 9PM	6:00AM - 9PM	6:30-7:30AM, 11AM-1:30PM, 5:30-8PM
Thursday, 3/17	6:00AM - 9PM	6:00AM - 9PM	11AM-1:30 PM, 5:30-8PM
Friday, 3/18	6:00AM - 9PM	6:00AM - 9PM	6:30-7:30AM, 11AM-1:30PM, 5:30-8PM
Saturday, 3/19	8:00AM - 9PM	8:00AM - 9PM	12-2PM, 5:30-8PM
Sunday, 3/20	8:00AM - 11:30PM	8:00AM - 11:30PM	2:30PM - 5:00PM

Daily and weekly passes are available for IU faculty, staff, and community members who wish to enjoy our facilities during spring break.

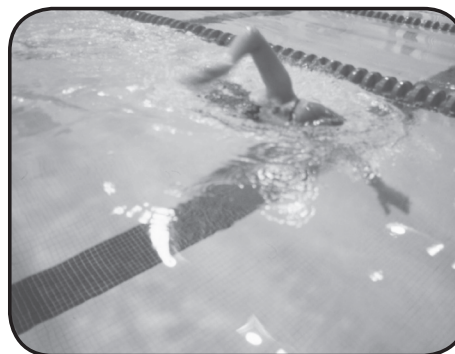
**PER DAY:** Wildermuth Intramural Center (HPER) \$4.00  
**PER WEEK:** Wildermuth Intramural Center (HPER) \$15.50  
*Free parking will be available at the IMU pay lots 3/12 - 3/20.*

**THE STUDENT RECREATIONAL SPORTS CENTER (SRSC) WILL BE CLOSED FROM 3/12/11 - 3/19/11**  
 for seasonal facility enhancement and maintenance.

*The SRSC facility reopens 8AM Sunday, 3/20/11.*



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# SPRING BREAK GROUP EXERCISE SCHEDULE

No extra registration fee - Just drop in!

Spring 2011 • Valid 3/12/11 - 3/20/11

	SATURDAY 3/12 & 3/19	SUNDAY 3/13 & 3/20	MONDAY 3/14	TUESDAY 3/15	WEDNESDAY 3/16	THURSDAY 3/17	FRIDAY 3/18
9:30AM	<b>Step II-45.Patricia.HP171</b> (3/12 only)						
10:30AM	<b>Core-30.Patricia.HP171</b> (3/12 only)						
11:15PM	<b>Strength Core-45.Stacy.HP171</b> (3/12 only)						
12:00PM			<b>Strength Core-45.Sharyn.HP171</b>		<b>Strength Core-45.Sharyn.HP171</b>	<b>Step &amp; Stretch-45.Sharyn.HP171</b>	<b>Core Stretch-45.Sharyn.HP171</b>
4:00PM				<b>Step II-45.Sharyn.HP171</b>			
5:00PM		<b>Cardio Core-60.Maryanne.HP171</b> (3/13 only)					
5:30PM		<b>Strength Core-45.Kelsey.MS3</b> (3/20 only)	<b>F/S DWE-45.Maryanne.Royer</b> Pool	<b>Strength Core-45.Patricia.HP171</b>	<b>Cardio Kickboxing-45.Patricia.HP171</b>		
5:45PM		<b>Cyclefit Sampler-45.Judy.CF</b> Studio (3/20 only)					
6:30PM			<b>Strength Core-45.Maryanne.HP171</b>				

### How to use this schedule:

Sessions are listed according to this format:  
session & length in minutes.leader.location

### Legend:

- MS - Multi-Sport Gym (SRSC)
- CF Studio - CycleFit Studio (SRSC)
- S&C - Strength & Conditioning Area (SRSC)
- CBAC - Counsilman/Billingsley Aquatic Center (SRSC)
- HP - HPER
- DWE - Deep Water Exercise

**Late Policy:** Please arrive early or on time to all sessions as to ensure you are sufficiently warmed up and can safely exercise. Participants may enter the session up to 10 minutes after the scheduled start time. After which, the session is closed.



Visit [RECSports.INDIANA.EDU](http://RECSports.INDIANA.EDU) for more group exercise session descriptions and additional information.