Fit Fun Dollars for Scholars

Saturday, May 19, 2018

Schedule of Activities 7:00-10:00pm

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| Time | Activity | **Instructor**/Soror Support | Location/Room |
| 7:00-10:00 p.m. | Ticket Table | D. Williams/ G.Bowman | Front Table |
| 7:00-10:00 p.m. | Music |  |  |
| **7:00-9:45 p.m.** | Massage Therapy | R. Conner/A. Conner | Lobby Outside Pool Area |
| 7:15-8:15 p.m. | Water Aerobics | K. Lawrence/M. Vasquez | Small Pool |
| **7:30-9:00 p.m.** | **Weight Training/Fitness Machines** | D.Harge/ | **Weight Room** |
| 7:30-8:00 p.m. | Step Aerobics | R. Ruth/R. Lewis |  |
| 7:30-10:00 p.m. | Walking/Jogging/Running | D. Gibson/ | Track |
| 7:30-10:00 p.m. | Games, Cards | B. Fabin /B. Jones | Lobby Area=-Outside Day Care |
| **7:30-9:30 p.m.** | Hustle/**Ball Room Dancing** | **Tammie will check with Theresa at BV Center** |  |
| **8:30 - 9:30 p.m.** | Spinning | V. Winn/ | Spin Room |
| 7:45-9:30 p.m. | Refreshments | G. Coleman/R. Vinson |  |
| 7:45-10:00 p.m. | Basketball/Pickle Ball/Volleyball |  | Large Gym |
| 8:15-8:45 p.m. | Kickboxing | B. Davis/ |  |
| **7:30 – 8:30 p.m.** | Health Presentation **(Medications)** | T. Gillespie/J. Jordan | Conference Room |
| 8:30-9:00 p.m. | Step Aerobics | R. Ruth/R. Lewis | Aerobics Room |
| 9:15-9:45 p.m. | Kickboxing | B. Davis/ | Aerobics Room |