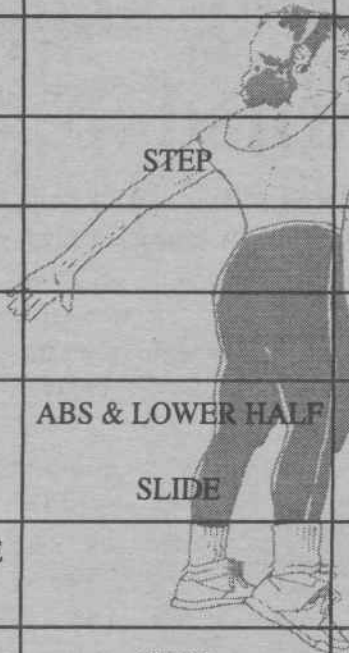


FITNESS PROGRAMS

Maymester Aerobics Schedule

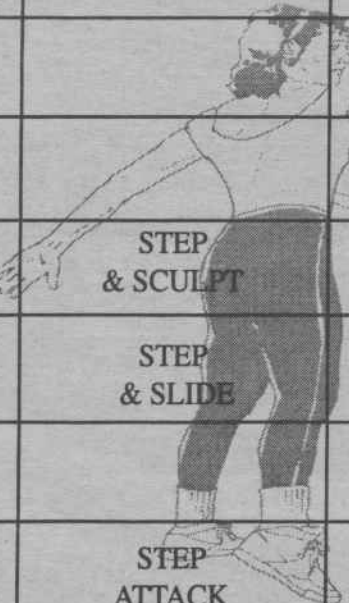
Monday, May 12 - Friday, May 30, 1997

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	STEP ATTACK		STEP & SCULPT		STEP ATTACK
8:00 AM			STEP		STEP
12:15 PM	CARDIO LOW		CARDIO LOW		CARDIO LOW
1:15 PM	STAFF ENRICHMENT		STAFF ENRICHMENT		STAFF ENRICHMENT
4:00-4:20 PM	ABS & ARMS	ABS & LOWER HALF	ABS & ARMS		ABS & LOWER HALF
4:30 - 5:30 PM	STEP	SLIDE	STEP ATTACK		STEP ATTACK
5:30 PM	WATER EXERCISE TRAINING		WATER EXERCISE TRAINING		
5:45 PM	STEP & SLIDE	STEP & SCULPT	STEP		STEP & SLIDE

Summer Aerobics Schedule

Session I: June 2 - July 3

Session II: July 7 - August 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15 PM	CARDIO LOW		CARDIO LOW		CARDIO LOW
1:15 PM	STAFF ENRICHMENT		STEP & SCULPT		STEP ATTACK
3:15 PM	STEP	STEP & SLIDE	STEP & SCULPT		STEP ATTACK
4:30 PM	STEP ATTACK	STEP & SLIDE	STEP & SCULPT		STEP ATTACK
5:30 PM	WATER AEROBICS		WATER AEROBICS		
5:45 PM	STEP & SLIDE	STEP ATTACK	STEP		STEP & SCULPT

All aerobics classes are one hours in length, except where noted. All classes are on a first come, first serve basis. Participants arriving more than 10 minutes after classes start will not be given access to participate. Please have a valid USC ID with Maymester or Summer I or II sticker at each class.