



## April / May 2011 Group Workout Schedule

Monday	Swim: 6:00-7:15a.m. - UIC Sports & Rec Ctr
Tuesday	Run: 6:30-8:00 p.m. - ½ Marathon Group – Universal Sole Run: 6:30-7:30 p.m. – Track Workout – North Park Track*
Wednesday	Swim: 6:00-7:15 a.m. - UIC Sports & Rec Ctr Tri: 6:30-8:00p.m. Racine ½ Ironman Group – Location Varies Swim: 8:00-9:30p.m. - NSCP HS
Thursday	Run: 6:30-7:30 – Track Workout – North Park Track*
Friday	
Saturday	Run: 8:00-9:30a.m. – ½ Marathon Group – Lakefront Path Swim: 9:00-10:30a.m. – Masters Swim - NEIU** Swim 10:30a.m.-12:00p.m. – Masters Swim – NEIU** Swim: 10:30a.m.-12:00p.m. – Women’s First Swim/Tri Swim Technique Classes - NEIU
Sunday	Tri: 8:00-9:30a.m. – Racine ½ Ironman Group – Location Varies
	* Begins 5/10/11 **Ends 4/30/11 -Contact Max Multisport for information on Indoor Cycling Classes or Private/Semi-Private Swim Lessons. -For workout locations: <a href="http://www.maxmultisport.com">www.maxmultisport.com</a> >About> Workout Locations