



Fall 2019 GROUP FITNESS SCHEDULE August 19 – December 6, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						Zumba® G 10:00 -10:45 am Emilie S.
Lunch	H.E.A.T/Cardio Kickboxing G 12:00- 12:45pm Kelly	Zumba® G 12:00- 12:45 pm Emily L.	H.E.A.T/Cardio Kickboxing G 12:00- 12:45pm Kelly	Zumba® G 12:00- 12:45 pm Emily L.		Spinsanity G 11:00- 11:45 am Hannah
Evening	Yoga G 4:15- 5:00 pm Brandi	PIYO Live® G 4:15-5:00 pm Alex	Yoga G 4:15- 5:00 pm Brandi	PIYO Live® G 4:15-5:00 pm Alex		
	Cardio-Barre G 5:30- 6:15 pm Hillary	Vibe Hip-Hop® G 5:30-6:15 pm Jennifer	Cardio-Barre G 5:30- 6:15 pm Hillary	Vibe Hip-Hop® G 5:30-6:15 pm Jennifer		
	Zumba® G 6:30- 7:15 pm Emily L	Yoga Sculpt G 6:30- 7:15 pm Alex	Zumba® G 6:30- 7:15 pm Emily L	Yoga Sculpt G 6:30- 7:15 pm Alex		
	Spin G 7:30- 8:15 pm Hannah	Strength Training G 7:30- 8:15 pm Hannah	Spin G 7:30- 8:15 pm Hannah	Strength Training G 7:30- 8:15 pm Hannah		

KEY
G - Group Fitness Room 134

INFO

- Class schedule is subject to change without notice
- Classes are on a first come basis
- No registration is required
- You may join at any point in the semester