September 2020 UNIVERSITY RECREATION

Group Fitness Schedule

NEW FOR FALL! Space limited - MUST RESERVE SPOT IN CLASS

MONDAYS

9:00am-9:30am  HIIT- Kayla
10:00am-10:30am  Arms N Abs- Kayla
12:00pm-12:30pm  Circuit 30- Tara
1:00pm-1:30pm  Yoga- Emma
4:00pm-4:30pm  Spin- Megan R
5:00pm-5:30pm  Buns N Thighs- Kylee
5:30pm-6:00pm  Cardio Sport- Alexis
6:00pm-7:00pm  Sunset Yoga- Alex
6:00pm-7:00pm  Hip Hop Cardio- Kayla
7:00pm-8:00pm  Yoga- Elizabeth

TUESDAYS

1:00pm-2:00pm  Yoga- Lydia
5:00pm-5:30pm  Core Blast- Kylee
5:30pm-6:00pm  Outdoor Bootcamp- Chloe
6:00pm-7:00pm  Yoga- Gloria
6:00pm-6:30pm  Spin- Megan R
6:30pm-7:30pm  Hip Hop Cardio- Chloe
7:00pm-8:00pm  Zumba- Tyler

WEDNESDAYS

8:00am-9:00am  Sunrise Yoga- Alex
9:00am-9:30am  HIIT- Kayla
10:00am-10:30am  Arms N Abs- Kayla
12:00pm-12:30pm  Circuit 30- Tara
1:00pm-1:30pm  Yoga- Emma
5:00pm-5:30pm  Buns N Thighs- Kylee
5:30pm-6:00pm  Outdoor Bootcamp- Chloe
6:00pm-7:00pm  Spin Express- Meg D
7:00pm-8:00pm  Yoga- Elizabeth

THURSDAYS

8:00am-9:00am  Sunrise YOGA- Alex
1:00pm-2:00pm  YOGA- Lydia
5:00pm-5:30pm  Core Blast- Kylee
5:30pm-6:00pm  Outdoor Bootcamp- Chloe
7:00pm-8:00pm  Zumba- Tyler

FRIDAYS

8:00am-9:00am  Sunrise YOGA- Alex
9:00am-9:30am  HIIT- Kayla
1:00pm-1:30pm  Yoga- Emma

RESERVE YOUR SPOT
IMLeagues.com GET THE APP!
SPACE LIMITED-MUST RESERVE!!

FOLLOW US @CCUREC
ALL VIRTUAL CLASSES ON IGTV

BRING YOUR OWN MAT/TOWEL.
MUST HAVE MASK TO ENTER HTC CENTER & WB

SEE CLASS DESCRIPTIONS PAGE FOR FULL DETAILS ON EACH CLASS
Classes are FREE! Schedule changes monthly