October 2018

UNIVERSITY RECREATION

Group Fitness Schedule

October 1 - November 2

MONDAYS

7:00-8:00am  Sunrise YOGA - Hunter
12:12:35pm  Circuit 30 - Tara
4:00-5:30pm  Shotokan Karate - Jim
5:15-6:15pm  Yoga - Gloria
5:30-6:15pm  Spin Express - Sharon
5:30-6:15pm  HIIT - Lydia
6:30-7:15pm  Spin Express - Natalie
6:30-7:30pm  Buns N Thighs - Sammy
6:30-7:45pm  Yoga Power Flow - Lydia
7:45-8:45pm  Latin Fit - Kamilla

Studio 3
Fitness Floor

TUESDAYS

12:15-12:45pm  Quick Spin - Tara
1:00-2:00pm  YOGA STRENGTH - Lydia
4:30-5:00pm  CORE Blast - Dylan
5:15-6:00pm  Spin Express - Emily
5:15-6:00pm  Total Body Tone - Sharon
5:00-6:00pm  Intro to Contemp Dance - RH
5:30-6:00pm  Circuit 30 - Chris
6:00-7:00pm  Hip Hop Cardio - Kayla
6:15-7:15pm  Spinning - Alan
6:45-7:30pm  Strength Circuits - Kenzie
7:15-8:00pm  Pilates - Kayla
8:00-9:15pm  Yoga - Hunter
8:15-9:00pm  Xtreme Dance - Veronica

WEDNESDAYS

7:00-8:00am  Sunrise YOGA - Hunter
12:12:35pm  Circuit 30 - Tara
4:00-5:30pm  Shotokan Karate - Jim
5:15-5:30pm  Core 15 - Sammy
5:30-6:15pm  Spin Express - Sharon
5:30-6:15pm  Buns N Thighs - Natalie
5:45-6:30pm  Total Body Tone - Sammy
6:30-7:15pm  Spin Express - Natalie
6:30-7:30pm  Zumba - Madisyn
6:30-7:45pm  Yoga Power Flow - Lydia
7:45-8:45pm  Cardio Dance - Kamilla

Studio 3
Fitness Floor

THURSDAYS

7:00-8:15am  Sunrise YOGA - Gloria
12:15-12:45pm  Quick Spin - Tara
1:00-2:00pm  YOGA CROSSFIT - Lydia
4:30-5:00pm  CORE Blast - Chris
5:15-6:00pm  Spin Express - Emily
5:15-6:00pm  Strength Circuits - Dylan
5:00-6:00pm  Intro-Contemp Dance-Rebecca
6:00-7:00pm  Hip Hop Cardio - Kayla
6:15-7:15pm  Spinning - Alan
6:45-7:30pm  Total Body Tone - Kenzie
7:15-8:00pm  Pilates - Kayla
8:00-9:15pm  Yoga - Kayla
8:15-9:15pm  Latin Fit - Kamilla

FRIDAYS

7:00-8:15am  Sunrise YOGA - Gloria

Studio 3

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