

SPRING INTO FITNESS 2018

JAN 8th - JAN 12th

FETZER CYCLE STUDIO • SRC STUDIO • THTC • SRC 110 • RAMS



STAY ACTIVE

MONDAY (1/8)	TUESDAY (1/9)		WEDNESDAY (1/10)		THURSDAY (1/11)		FRIDAY (1/12)
	GROUP FITNESS	SPECIAL EVENTS	GROUP FITNESS	SPECIAL EVENTS	GROUP FITNESS	SPECIAL EVENTS	
STEP (45) 12:15 PM SRC Wil	MUSCLE CUT (45) 12:15 PM SRC Kyle		PILATES (45) 12:15 PM SRC Lauren		MUSCLE CUT (45) 12:15 PM SRC Sarah R.		CARDIO DANCE (45) 12:15 PM SRC Anna J.
CYCLE 4 PM Fetzer Catherine	CYCLE (45) 12:15 PM Fetzer Hannah N.	CHOBANI YOGURT SAMPLING 4:30-6 PM SRC LOBBY	INTRO TO CYCLE (30) 4 PM Fetzer Rachel	INTRO TO WOMEN ON WEIGHTS 4-5 PM THTC (Racquetball Court 6) Victoria B.	CYCLE (45) 12:15 PM Fetzer Hannah N.	INTRO TO TRX PILATES 4-5 PM THTC (Racquetball Court 6) Marissa	CYCLE GLOW PARTY 4 PM Fetzer Skye
	ZUMBA GLOW PARTY 5:15 PM SRC Marie, Hailey		GROUP FITNESS SAMPLER SRC	TRAINER TALKS: WHAT THE FMFC? 4-7 PM SRC 110	CARDIO BLAST 5 PM SRC Carrington	TRAINER TALKS: WHAT THE FMFC? 4-7 PM SRC 110	MUSCLE CUT 5:15 PM SRC Audrey
	MUSCLE CUT BARBELLS 6:30 PM SRC Rebecca D.		ZUMBA 5-5:20 PM Hailey	INTRO TO TRX BOOTCAMP 5:30-6:30 PM THTC (Racquetball Court 6) Travis	MIND BODY SAMPLER Rams	INTRO TO TARHEEL XFIT 5:30-6:30 PM THTC (Racquetball Court 6) Ethan	
			KICKBOXING 5:20-5:40 PM Julee		YOGA 4:30-4:50 PM Anna W.		
			BHANGRA FITNESS 5:40-6 PM Neha		BARRE 5-5:20 PM Heather		
			STEP N SCULPT 6-6:30 PM Rose		POWER YOGA 5:20-5:40 PM Sabrina		
			3-2-1 6:30-6:50 PM Carrington		PILATES 5:40-6 PM Victoria N.		
			INSANITY 7-7:20 PM Chris		GLOWGA 6:30 PM SRC Elizabeth		
			MUSCLE CUT BARBELLS 7:30-8 PM Maria P.				

GROUP EXERCISE POLICIES: Please refer to the group exercise policies posted on our website and in the studios. * **SUBJECT TO CHANGE** *