

# SPRING GROUP FITNESS SCHEDULE

JAN. 16<sup>th</sup>-APR. 26<sup>th</sup>

FETZER CYCLE STUDIO • SRC STUDIO A • SRC STUDIO B • BOWMAN GRAY • RAMS HEAD REC CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA (45)</b> 6:15 AM SRC B <i>Elizabeth</i>	<b>CYCLE (45)</b> 6:15 AM Fetzer <i>Skye</i>	<b>YOGA (45)</b> 6:15 AM SRC B <i>Elizabeth</i>	<b>CYCLE (45)</b> 6:15 AM Fetzer <i>Anna S.</i>	<b>CARDIO DANCE (45)</b> 12:15 PM SRC A <i>Olivia D./Sarah R.</i>
<b>MUSCLE CUT</b> 8 AM SRC B <i>Rose</i>	<b>YOGA</b> 8 AM SRC B <i>Anna W.</i>	<b>MUSCLE CUT (45)</b> 8 AM SRC B <i>Erin S.</i>	<b>YOGA</b> 8 AM SRC B <i>Rodrigo</i>	<b>CYCLE (45)</b> 12:15 PM Fetzer <i>Camille</i>
<b>STEP (45)</b> 12:15 PM SRC B <i>Wil</i>	<b>MUSCLE CUT (45)</b> 12:15 PM SRC B <i>Rose</i>	<b>PILATES (45)</b> 12:15 PM SRC B <i>Lauren</i>	<b>KICKBOXING (45)</b> 12:15 PM SRC B <i>Mya</i>	<b>YOGA (45)</b> 12:15 PM Rams <i>Claire</i>
<b>YOGA (45)</b> 12:15 PM Rams <i>Claire</i>	<b>CYCLE (45)</b> 12:15 PM Fetzer <i>Hannah N.</i>	<b>CYCLE (45)</b> 12:15 PM Fetzer <i>Rachel R.</i>	<b>CYCLE (45)</b> 12:15 PM Fetzer <i>Hannah N.</i>	<b>BARRE</b> 4 PM Rams <i>Sally</i>
<b>CYCLE (45)</b> 12:15 Fetzer <i>Catherine B.</i>	<b>TAI CHI</b> 4 PM Rams <i>Joanne</i>	<b>ZUMBA</b> 4 PM SRC A <i>Olivia P.</i>	<b>YOGA</b> 4 PM Rams Scott	<b>CYCLE</b> 4 PM Fetzer <i>Hannah D.</i>
<b>CYCLE</b> 4 PM Fetzer <i>Kaitlin</i>	<b>HIIT N TONE</b> 4 PM SRC A <i>Kati S.</i>	<b>CYCLE</b> 4 PM Fetzer <i>Andrea O.</i>	<b>UPPER BODY SCULPT (45)</b> 4:15 PM SRC B <i>Marissa</i>	<b>LOWER BODY SCULPT (45)</b> 4 PM SRC B <i>Leah</i>
<b>ZUMBA</b> 4 PM SRC A <i>Anna J</i>	<b>LOWER BODY SCULPT (45)</b> 4:15 PM SRC B <i>Marissa</i>	<b>PILATES</b> 4 PM Rams <i>Victoria N.</i>	<b>SHOWTUNES CYCLE</b> 4:30 PM Fetzer <i>Catherine B.</i>	<b>KICKBOXING (45)</b> 5 PM SRC A <i>Hannah Do.</i>
<b>YOGA</b> 4 PM Rams <i>Elizabeth</i>	<b>MUSCLE CUT</b> 5:15 PM SRC B <i>Maria P.</i>	<b>3-2-1 (45)</b> 5:15 PM SRC B <i>Carrington</i>	<b>ZUMBA</b> 5:15 PM SRC A <i>Marie</i>	<b>SATURDAY</b>
<b>PILATES</b> 5:15 PM Rams <i>Megan N.</i>	<b>WATER AEROBICS (45)</b> 5:15 PM Bowman Gray Pool <i>Jana</i>	<b>KICKBOXING</b> 5:15 PM SRC A <i>Julee</i>	<b>MUSCLE CUT</b> 5:15 PM SRC B <i>Audrey D.</i>	<b>CYCLE</b> 10:30 AM Fetzer <i>Rachel R.</i>

<b>KICK N SCULPT</b> 5:15 PM SRC B Julee	<b>ZUMBA</b> 5:15 PM SRC A Hailey	<b>BARRE</b> 5:15 PM Rams Heather	<b>BARRE</b> 5:15 PM Rams Genna	<b>KICK N SCULPT</b> 4:15 PM SRC B Leah
<b>CARDIO BLAST (45)</b> 5:15 PM SRC A Carrington	<b>MINDFUL YOGA</b> 5:15 PM Rams Joanne	<b>CYCLE</b> 6 PM Fetzer Anna S.	<b>ABSOLUTION</b> 6:25-6:45 PM SRC B Audrey D.	<b>SUNDAY</b>
<b>CYCLE</b> 6 PM Fetzer Sophia	<b>CYCLE</b> 5:30 PM Fetzer Hannah D.	<b>ABSOLUTION</b> 6:10—6:30 PM SRC B Carrington	<b>KICKBOXING</b> 6:30 PM SRC A Karolyne H.	<b>ZUMBA</b> 3 PM SRC A Sydney
<b>ABSOLUTION</b> 6:10-6:30 PM SRC A Carrington	<b>ABSOLUTION</b> 6:25-6:45 PM SRC B Maria P.	<b>YOGA</b> 6:30 PM Rams Erin P.	<b>MUSCLE CUT BARBELLS</b> 7:00 PM SRC B Maria P.	<b>YOGA</b> 3 PM Rams Victoria B
<b>MUSCLE CUT BARBELLS</b> 6:30 PM SRC B Rebecca D.	<b>BARRE</b> 6:30 PM Rams Arshya	<b>CARDIO BLAST</b> 6:30 PM SRC A Alex B.	<b>POWER YOGA</b> 7:30 PM Rams Sabrina	<b>CYCLE</b> 4 PM Fetzer Skye
<b>YOGA</b> 6:30 PM Rams Anna W.	<b>INSANITY</b> 6:30 PM SRC A Chris	<b>STEP N TONE</b> 6:45 PM SRC B Rose	<b>BHANGRA FITNESS</b> 7:45-8:45 PM SRC A Neha	<b>MUSCLE CUT</b> 4 PM SRC B Amanda
<b>DANCE COMBAT</b> 6:45 PM SRC A Hailey	<b>STEP N TONE (45)</b> 7 PM SRC B Mary McCall	<b>MUSCLE CUT BARBELLS</b> 8:00 PM SRC B Jessica		<b>3-2-1</b> 5:15 PM SRC A Alex
<b>BARRE</b> 7:45 PM Rams Julia	<b>CYCLE</b> 7 PM Fetzer Skye	<b>YOGA</b> 9 PM Rams Abigale		
<b>KICK N SCULPT</b> 7:45 PM SRC B Natalie	<b>ZUMBA</b> 7:45 PM SRC A Grace			
<b>YOGA</b> 9 PM Rams Abigale	<b>MUSCLE CUT BARBELLS</b> 8:00 PM SRC B Bri			

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

**\* SCHEDULE SUBJECT TO CHANGE \***