

SPRING GROUP FITNESS SCHEDULE

JAN. 16th-APR. 26th

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



STAY ACTIVE

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

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

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

*** SCHEDULE SUBJECT TO CHANGE ***