

# 2018 GROUP FITNESS SCHEDULE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <b>CYCLE (45)</b><br>6:15 AM<br>Fetzer<br><i>Kaylee</i>            | <b>MUSCLE CUT (45)</b><br>12:15 PM<br>SRC B<br><i>Rachel</i>      | <b>CYCLE (45)</b><br>6:15 AM<br>Fetzer<br><i>Addie</i>                                 | <b>KICKBOXING (45)</b><br>12:15 PM<br>SRC B<br><i>Mya</i>        | <b>CARDIO DANCE (45)</b><br>12:15 PM<br>SRC B<br><i>EI</i> |
| <b>STEP (45)</b><br>12:15 PM<br>SRC B<br><i>Wil</i>                | <b>CYCLE (45)</b><br>12:15 PM<br>Fetzer<br><i>Hannah N.</i>       | <b>PILATES (45)</b><br>12:15 PM<br>SRC B<br><i>Lauren</i>                              | <b>CYCLE (45)</b><br>12:15 PM<br>Fetzer<br><i>Hannah N.</i>      | <b>CYCLE (45)</b><br>12:15 PM<br>Fetzer<br><i>Rachel</i>   |
| <b>ZUMBA</b><br>4:00 PM<br>SRC A<br><i>Marie</i>                   | <b>TAI CHI</b><br>4 PM<br>Rams<br><i>Joanne</i>                   | <b>YOGA FOR STRESS</b><br>Part of a research study<br>4:00 PM<br>Rams<br><i>Claire</i> | <b>YOGA</b><br>4:00 PM<br>Rams<br><i>Scott</i>                   | <b>STEP</b><br>4:00 PM<br>SRC B<br><i>Bianca</i>           |
| <b>YOGA</b><br>4:00 PM<br>Rams<br><i>Claire</i>                    | <b>MINDFUL YOGA</b><br>5:15 PM<br>Rams<br><i>Joanne</i>           | <b>CYCLE</b><br>4:00 PM<br>SRC A<br><i>Kaylee</i>                                      | <b>3 2 1</b><br>4:00 PM<br>SRC B<br><i>Carrington</i>            | <b>SUNDAY</b>  |
| <b>KICKBOXING</b><br>5:15 PM<br>SRC A<br><i>EI</i>                 | <b>CARDIO BLAST (45)</b><br>5:15 PM<br>SRC A<br><i>Carrington</i> | <b>WATER AEROBICS</b><br>5:15 PM<br>Bowman Gray Pool<br><i>Rachel</i>                  | <b>ABSOLUTION (20)</b><br>5:15 PM<br>SRC B<br><i>Carrington</i>  | <b>ZUMBA</b><br>5:15 PM<br>SRC B<br><i>Olivia</i>          |
| <b>WATER AEROBICS</b><br>5:15 PM<br>Bowman Gray Pool<br><i>Bri</i> | <b>CYCLE</b><br>6:00 PM<br>Fetzer<br><i>Catherine</i>             | <b>BARRE</b><br>5:45 PM<br>Rams<br><i>Heather</i>                                      | <b>MUSCLE CUT BARBELLS</b><br>6:00 PM<br>SRC B<br><i>Jessica</i> |  |
| <b>BARRE</b><br>5:45 PM<br>Rams<br><i>Heather</i>                  | <b>ABSOLUTION (20)</b><br>6:10 PM<br>SRC A<br><i>Carrington</i>   | <b>MUSCLE CUT</b><br>6:15 PM<br>SRC B<br><i>Amanda</i>                                 | <b>KICK N SCULPT</b><br>6:00 PM<br>SRC A<br><i>EI</i>            |  |
| <b>MUSCLE CUT BARBELLS</b><br>6:15 PM<br>SRC B<br><i>Amanda</i>    |   |  |  |  |
|  |   |  |  |  |

## Summer Session II

June 25<sup>th</sup> –  
July 26<sup>th</sup>

\*\*subject to change\*\*