



Fall 2017 GROUP FITNESS SCHEDULE August 21st - December 8, 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Zumba G 7:00- 7:45am w/ Emilie S.	Sunrise Yoga G 7:00- 7:45am w/ Kristi	Zumba G 7:00- 7:45am w/ Emilie S.	Sunrise Yoga G 7:00- 7:45am w/ Leslie		Spin G 10:00-10:55 am w/ Hannah
Lunch		Yoga G 12:00- 12:45pm w/Alex		Yoga G 12:00- 12:45pm w/Alex		Zumba G 11:00- 11:55 am Emilie S/ Emily L
Evening	Yoga/ Pilates G 4:15- 5:00pm w/Alex	Spinsanity G 4:15- 5:15 pm w/ Hannah	Yoga/ Pilates G 4:15- 5:00 pm w/ Alex	Spinsanity G 4:15- 5:15 pm w/ Hannah		
	Zumba G 5:30- 6:25pm w/Emily L	Boot Camp G Y 5:30-6:25 w/ Hannah	Strength Training 5:30- 6:25pm w/ Hannah	Boot Camp G Y 5:30-6:25 pm w/ Hannah		
	Spin G 6:30-7:25 pm W/ Hannah	Yoga G 6:30- 7:25pm w/ Alex	Spin G 6:30-7:25 pm w/ Hannah	Yoga G 6:30- 7:25pm w/Alex		
	Yoga G 7:30- 8:30 pm w/ Leslie		Yin Yoga G 7:30- 8:30 pm w/ Kristi			

KEY

G - Group Fitness Room 134

Y - The Yard

INFO

- Class schedule is subject to change without notice
- Classes are on a first come basis
- No registration is required
- You may join at any point in the semester