



Spring 2018 GROUP FITNESS SCHEDULE January 8 – April 27



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Barre Yoga G 6:30 - 7:15 a.m. Kristi B.	Sunrise Yoga G 7 - 7:45 a.m. Kristi A.	Barre Yoga G 6:30 - 7:15 a.m. Casi	Sunrise Yoga G 7 - 7:45 a.m. Leslie	Tone-It-Up 6:30 - 7:15 a.m. Kristi B.	Strong by Zumba® G 9 - 9:55 a.m. Emilie S.
Lunch	Pilates G Noon - 12:45 p.m. Casi	PIYO Live® G Noon - 12:45 p.m. Alex	Yoga G Noon - 12:45 p.m. Leslie	Zumba® G Noon - 12:45 p.m. Emily L.	Spinsanity G Noon - 12:45 p.m. Hannah	Yoga G 10 - 10:55 a.m. Casi
Evening	Yoga/Pilates G 4:15 - 5:00 p.m. Casi	Spinsanity G 4:15 - 5:15 p.m. Hannah	Yoga/Pilates G 4:15 - 5:00 p.m. Casi	Spinsanity G 4:15 - 5:15 p.m. Hannah		
	Zumba® G 5:30 - 6:25 p.m. Emily L.	Boot Camp G 5:30 - 6:25 p.m. Hannah	Zumba® G 5:30 - 6:25 p.m. Emily L.	Boot Camp G 5:30 - 6:25 p.m. Hannah		
	Spin G 6:30 - 7:25 p.m. Hannah	Yin Yoga G 6:30 - 7:15 p.m. Kristi A.	Spin G 6:30 - 7:25 p.m. Hannah	Yin Yoga G 6:30 - 7:15 p.m. Kristi A.		
	Strength Training G 7:30 - 8:30 p.m. Hannah		Strong by Zumba® G 7:30 - 8:30 p.m. Emilie S.			

KEY
G - Group Fitness Room 134

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