



# Fall 2019 GROUP FITNESS SCHEDULE August 19 – December 6, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						<b>Zumba®</b> <b>G</b> 10:00 -10:45 am Emilie S.
Lunch	<b>H.E.A.T/Cardio Kickboxing</b> <b>G</b> 12:00- 12:45pm Kelly	<b>Zumba®</b> <b>G</b> 12:00- 12:45 pm Emily L.	<b>H.E.A.T/Cardio Kickboxing</b> <b>G</b> 12:00- 12:45pm Kelly	<b>Zumba®</b> <b>G</b> 12:00- 12:45 pm Emily L.		<b>Spinsanity</b> <b>G</b> 11:00- 11:45 am Hannah
Evening	<b>Yoga</b> <b>G</b> 4:15- 5:00 pm Brandi	<b>PIYO Live®</b> <b>G</b> 4:15-5:00 pm Alex	<b>Yoga</b> <b>G</b> 4:15- 5:00 pm Brandi	<b>PIYO Live®</b> <b>G</b> 4:15-5:00 pm Alex		
	<b>Cardio-Barre</b> <b>G</b> 5:30- 6:15 pm Hillary	<b>Vibe Hip-Hop®</b> <b>G</b> 5:30-6:15 pm Jennifer		<b>Vibe Hip-Hop®</b> <b>G</b> 5:30-6:15 pm Jennifer		
	<b>Zumba®</b> <b>G</b> 6:30- 7:15 pm Emily L	<b>Yoga Sculpt</b> <b>G</b> 6:30- 7:15 pm Alex	<b>Zumba®</b> <b>G</b> 6:30- 7:15 pm Emily L	<b>Yoga Sculpt</b> <b>G</b> 6:30- 7:15 pm Alex		
	<b>Spin</b> <b>G</b> 7:30- 8:15 pm Hannah	<b>Strength Training</b> <b>G</b> 7:30- 8:15 pm Hannah	<b>Spin</b> <b>G</b> 7:30- 8:15 pm Hannah	<b>Strength Training</b> <b>G</b> 7:30- 8:15 pm Hannah		

**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