

APRIL GROUP FITNESS

APRIL 5 - APRIL 16

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12:15 PM

ATC Strength & Cond.- Mia

Zoom Low Impact ZUMBA- Val

Zoom Low Impact Body Sculpt- Allison

ATC Strength & Cond.- Mia
Boatyard Cycle- Julia

4:15 PM

Zoom All Levels Yoga- Danya

Boatyard Cycle- Julia

Lower Observatory
ZUMBA- Val

Boatyard Cycle- Julia

Zoom ZUMBA- Val

5:15 PM

Zoom Body Sculpt- Allison

ATC HIIT- Mia

Zoom All Levels Yoga- Meg

Zoom ZUMBA- Val
Boatyard Cycle- Julia
Zoom All Levels Yoga- Danya

ATC Line Dance- Jacque

Zoom All Levels Yoga- Meg

6:15 PM

Zoom ZUMBA- Jacque

Zoom Barre- Layne

Zoom Barre- Layne

Zoom Abs & More- Danya



Scan to access Zoom Codes

CONTACT

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Campus Recreation

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