

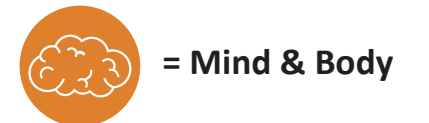
# GROUP FITNESS: SESSION 2

October 17 – November 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15am – 7:00am						
WS	Cycle - Kristal	Cycle - Kristal				
MPG		HIIT - Mia				
7:15am – 8:00am						
WS			Cycle - Kristal	Cycle - Kristal		
12:15pm – 1:00pm						
MPG					ZUMBA - Val	
WS	Cycle - Julia		Cycle - Allexxis		Cycle - Julia	
TRX		TRX - Mia	TRX - Mia			
CRT YD	Bootcamp - Elizabeth			Bootcamp - Taylor		
4:15pm – 5:00pm						
WS		All Levels Yoga - Meg	All Levels Yoga - Meg			
5:15pm – 6:00pm						
WS			Cycle - Allexxis	Cycle Survivor - Julia (5:15-6:15)		All Levels Yoga - Meg
WR	Women on Weights - Elizabeth			Women on Weights - Lanna		
LOB						Beginner Group Run (1-2mi) - Ciara
MPG	Kickboxing - Madison	Kickboxing - Madison	Kickboxing - Madison			
6:15pm – 7:00pm						
MPG	ZUMBA - Val					
EXS 2		Barre - Layne		Barre Fight - Layne		
WS	Cycle - Allexxis	Cycle - Julia				
WR			Women on Weights - Elizabeth			
7:15pm – 8:00pm						
MPG		ZUMBA - Val	ZUMBA - Val	ZUMBA - Val		

### Locations:

- MPG** = Multi Purpose Gym
- EX** = Exercise Suite(s)
- TRX** = TRX Corner
- WS** = Wellness Suite
- CRT YD** = Court Yard/Octagon
- WR** = Weight Room
- ATC** = ATC Field
- LOB** = Rec Lobby
- UO** = Upper Observatory



= Mind & Body



= Strength/  
Conditioning



= Cycle



= Dance



= Small Group  
registration  
required

