

# SPRING 2022 GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6:15a – 7:00a		
EXS1			Cycle - Kristal		
EXS2		Power Pilates - Ciara	Power Pilates - Ciara		
			7:15a – 8:00a		
EXS1	Cycle - Kristal	Cycle - Kristal			
WS	All Levels Yoga - Amber				All Levels Yoga - Amber
			12:15p – 1:00p		
MPG				Kickboxing - Andrew	Kickboxing - Madison
EXS1		Cycle - Cassie			Cycle - Julia
EXS2		Bootcamp - Ben	Abs & More - Ben		
TRX	TRX - Mia			TRX - Mia	
WS			Yoga Foundations - Amber		All Levels Yoga - Melissa
			4:15p – 5:00p		
TRX	HIIT - Tory				
MPG					ZUMBA - Val
EXS1	Cycle - Allexxis				
EXS2			HIIT - Mia	Cardio Strength - Ben	
WS	All Levels Yoga - Sofia	Intermediate Flow Yoga - Amber		All Levels Yoga - Sofia	
			5:15p – 6:00p		
TRX			HIIT - Tory		
MPG	Women+ on Weights - Elizabeth	Kickboxing - Andrew	Kickboxing - Madison		
EXS1		Cycle Survivor - Julia (5:15-6:15p)		HIIT the Bikes - Julia/Mia (5:15-6:15p)	
EXS2					
WS	Gentle Yoga - Sunny		All Levels Yoga - Sunny		
			6:15p – 7:00p		
MPG		Women+ on Weights - Elizabeth	Women+ on Weights - Elizabeth	Kickboxing - Madison	
EXS1	Cycle - Julia		Cycle - Allexxis		
EXS2	HIIT - Ben	Kickboxing - Madison			
			7:15p – 8:00p		
MPG		ZUMBA - Val		ZUMBA - Val	
EXS1				Cycle - Allexxis	
EXS2	Barre - Layne	Barre - Layne	Barre Fight - Layne		

## January 10 – March 11

### Locations:

MPG = Multi Purpose Gym  
 EX = Exercise Suite(s)  
 TRX = TRX Corner  
 JPZ = Performance  
 ATC = ATC Field



= Mind & Body



= Cycle



= Strength/  
Conditioning



= Dance



= FAC/Staff Only

