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| MONDAY | TUESDAY | WEDNESDAY | | THURSDAY | | FRIDAY | | |
| **PILATES REFORMER\*\***  7-8 a.m.  Amber | **FLOW YOGA**  6:30-7:30 a.m.  Theresa | **PILATES REFORMER\*\***  8-9 a.m.  Linda | | **FLOW YOGA**  6:30-7:30 a.m.  Theresa | **CYCLING**  12-1 p.m.  Katie | | |
|  | | |  | | | |
| **GENTLE YOGA**  12-1 p.m.  Maggie | **ACTIVE FOR LIFE\*\***  9-10 a.m.  Cassaundra | **PILATES REFORMER\*\***  12-1 p.m.  Amber | | **ACTIVE FOR LIFE\*\***  9-10 a.m.  Cassaundra | **GENTLE YOGA**  12-1 p.m.  Kyra | | |
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| **PILATES REFORMER\*\***  12:30-1:30 p.m.  Linda | **HIIT\***  10-10:45 a.m.  Nate | **HIIT\***  1-1:45 p.m.  Kelsey | | **HIIT\***  10-10:45 a.m.  Nate | **HIIT\***  1-1:45 p.m.  Andrew | | |
|  | | |  | | | |
| **HIIT\***  1-1:45 p.m.  Nate | **STRENGTH**  12-12:50 p.m.  Jenora | **CYCLING**  1:15-2:15 p.m.  Devon | | **STRENGTH**  12-12:50 p.m.  Jenora |  | | |
|  | | |  | | | |
| **CYCLING**  4-5 p.m.  Kaia | **AEROBIC KICKBOXING**  12:10-1 p.m.  Tami | **CYCLE & STRENGTH**  4-5 p.m.  Kaia | | **FLOW YOGA**  12:15-1:15 p.m.  Kelsey |  | | |
|  |  |  | |  |  | | |
| **HIIT**  4:30-5:15 p.m.  Andrew | **FLOW YOGA**  12:15-1:15 p.m.  Maggie | **HIIT\***  4:30-5:15 p.m.  Emily | | **HIIT**  4:30-5:15 p.m.  Noelle |  | | |
|  |  |  | |  |  | | |
| **OULA**  5:30-6:30 p.m.  Jen | **OULA**  5-6 p.m.  Katrina | **CORE TRAINING**  5-5:20 p.m.  Jenora | | FLOW YOGA  5:30-6:30 p.m.  Nikki | **LOCATION KEY**   |  | | --- | | Room 1 | |  | | Room 2 | |  | | Room 3 | |  | | Functional Corner | |  | | Schreiber Gym | | | |
|  |  |  | |  |
| **YIN YOGA**  6:45-7:45 p.m.  Theresa | MEDITATION CIRCLE  6:30-7:15 p.m.  Amanda | **STRENGTH**  5:30-6:30 p.m.  Jenora | |  |
|  |  |  | |  |
|  |  | **BARRE**  5:30-6:30 p.m.  Jen | |  |
|  |  |  | |  |
|  |  | **RESTORE YOGA**  6:45-7:45 p.m.  Theresa | |  |
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Buy an unlimited group fitness pass at the Fitness & Recreation Center front desk.

\*Sign up on Campus Recreation’s online registration portal the day of the class to reserve your place

\*\*Classes require an extra fee and pre-registration. Sign up at the front desk or pay online to reserve your spot.