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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 |
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| **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 |
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| **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 |  |
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| **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 |  |
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| **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 YOGA5:30-6:30 p.m.Nikki | **LOCATION KEY**

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| Room 1 |
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| Room 2 |
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| Room 3 |
|  |
| Functional Corner |
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| Schreiber Gym |

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| **YIN YOGA**6:45-7:45 p.m.Theresa | MEDITATION CIRCLE6:30-7:15 p.m.Amanda | **STRENGTH**5:30-6:30 p.m.Jenora |  |
|  |  |  |  |
|  |  | **BARRE**5:30-6:30 p.m.Jen |  |
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|  |  | **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.