

# GROUP FITNESS SCHEDULE

SPRING 2021 | JANUARY 11 – APRIL 30  
 No fitness classes on January 18 and February 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOGA</b> 12-1pm Amy</p>	<p><b>YOGA SCULPT</b> 8-8:50 am Amy</p>	<p><b>YOGA</b> 12-1pm Amy</p>	<p><b>HIIT*</b> 10-10:45 a.m. Nate</p>	<p><b>YOGA</b> 10-11 a.m. Nikki</p>
<p><b>HIIT*</b> 1-1:45 pm Nate</p>	<p><b>HIIT*</b> 10-10:45 am Nate</p>	<p><b>HIIT*</b> 1-1:45 pm Andrew</p>	<p><b>STRENGTH</b> 12-12:45pm Paige</p>	
<p><b>HIIT*</b> 4:30-5:15 pm Paige</p>	<p><b>STRENGTH</b> 12-12:45pm Paige</p>	<p><b>HIIT*</b> 4:30-5:15 pm Emily</p>		
<p><b>OULA</b> 5:30-6:30 pm Jen</p>		<p><b>BARRE</b> 5:30-6:30 pm Jen</p>		

LOCATION KEY	
<span style="color: green;">■</span>	Room 1
<span style="color: grey;">■</span>	Room 2
<span style="color: blue;">■</span>	Room 3
<span style="color: purple;">■</span>	Functional Corner

UNLIMITED Fitness Pass required. You can purchase this pass at the front desk for \$35. In-person classes in Rooms 1, 2, and 3 will be limited to 10 people. In-person classes in the Functional Corner will be limited to 6 people. There are markers on the floors to indicate where you can setup your equipment and workout space. Equipment must be cleaned before and after class. Hand washing immediately after class will be required. Thank you for helping us keep our Group Fitness program going by following our guidelines.

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