

# GROUP FITNESS SCHEDULE

SPRING 2022 | JANUARY 10 – MAY 13

No fitness classes on January 17, February 21 & modified schedule March 21 - 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOGA</b> 12 - 1 pm Amy</p>	<p><b>SPORT CYCLING</b> 6:30 - 7:15 am Paul</p>	<p><b>HIIT*</b> 1 - 1:45 pm Andrew</p>	<p><b>HIIT*</b> 10 - 10:45 am Nate</p>	<p><b>SPORT CYCLING</b> 6:30 - 7:15 am Paul</p>
<p><b>HIIT*</b> 1 - 1:45 pm Nate</p>	<p><b>YOGA SCULPT</b> 8 - 8:50 am Amy</p>	<p><b>HIIT*</b> 4:30 - 5:15 pm Emily</p>	<p><b>YOGA**</b> 12 - 1pm Kelsey</p>	<p><b>HIIT*</b> 12 - 12:45pm Jessi</p>
	<p><b>HIIT*</b> 10 - 10:45 am Nate</p>		<p><b>KICKBOXING</b> 12 - 12:45 pm Tami</p>	
	<p><b>YOGA</b> 12 - 1 pm Amy</p>		<p><b>SPORT CYCLING</b> 4 - 4:45 pm Paul</p>	
	<p><b>STRENGTH</b> 12:45 - 1:30 pm Jessi</p>		<p><b>OULA</b> 5 - 6 pm Jen</p>	
	<p><b>BARRE</b> 5 - 6 pm Jen</p>			

## LOCATION KEY

- Room 1
- Room 2
- Room 3
- Functional Corner

UNLIMITED Fitness Pass required. You can purchase this pass at the front desk for \$50.

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

\*\* Yoga on Thursdays will NOT be offered on January 20 & February 3