

GROUP FITNESS

Group fitness classes are a great way for people of all fitness levels to get an effective workout. The group atmosphere provides motivation and encouragement to work harder and get the most out of your workout.

We Offer

Barre Above **New**

Cycling

Tabata

Pound©

Pilates

Yoga (Traditional, Power, Flow, w/abs, Restorative, Beginner)

Cardio Sculpt

Fusion

Insanity©

Strong by Zumba© **New**

Total Body Tabata

Cardio Sculpt

Cardio Kickbox

Zumba©

FALL 18 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30 AM		Yoga		Yoga		
7:30 AM		Zumba® & Core		Zumba® & Core		
7:45 AM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
12:05 PM	INSANITY® (35 min)		Tabata (35 min)		Cardio Sculpt Fusion	
12:10 PM					Cycle & Core	
2:15 PM	Cardio Kickbox		Cardio Kickbox			
3:30 PM	POUND®	BARRE Above	POUND	BARRE® Above		
4:30 PM	Power Yoga	Strong by ZUMBA®	Power Yoga	Strong by ZUMBA®		
5:00 PM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
5:30 PM	Beginning Yoga	Pilates	Beginning Yoga	Pilates		
6:00 PM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
6:30 PM	Strength & Tone	INSANITY	Strength & Tone	INSANITY®		
7:30 PM	Zumba® & Core	Yoga & Abs	Zumba® & Core	Yoga & Abs		Ballet Core Fitness
8:30 PM	Yoga Flow	Restorative Yoga	Yoga Flow	Restorative Yoga		

Cycling classes = 45 minutes and meet in the REC Conditioning Room.
Other classes = 50 minutes unless noted otherwise