# Fall 2021 Group Fitness Schedule

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
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</thead>
</table>
| 7:30am    | **Intro to Strength & Power**  
            (Fitness Center)  
            Aaron Matuszeski |                   |                   |                   |
|           |                   |                   |                   |                   |
| 7:45am    | **Cycle Core ~**  
            McKenna Haen |                   | **Cycle Core ~**  
            McKenna Haen |                   |
| 12:05pm   |                   |                   | **Cardio Sculpt Fusion ~**  
            Tammy Zee |                   |
| 12:30pm   |                   |                   | **Cycle Core ~**  
            ALTERNATE |                   |
| 2:15pm    | **Cardio Kickboxing ~**  
            Tammy Zee | **Cardio Kickboxing ~**  
            Tammy Zee |                   |                   |
| 3:30pm    | **Cycle Barre ~**  
            Tammy Zee | **Zumba® & Core ~**  
            Tammy Zee | **Cycle Barre ~**  
            Tammy Zee | **Zumba® & Core ~**  
            Tammy Zee |
| 4:30pm    | **Cycle Core ~**  
            Megan Kruse | **Cycle Core ~**  
            Maddie Geszvain | **Cycle Core ~**  
            Megan Kruse | **Cycle Core ~**  
            Maddie Geszvain |
| 4:45pm    | **Yoga ~**  
            Alea Jones | **Group Strength ~**  
            Aaron Matuszeski | **Yoga / Meditation ~**  
            Emma Jonas | **Group Strength ~**  
            Aaron Matuszeski |
| 5:30pm    | **Cycle Core ~**  
            Chloe Renzellman | **Cycle Core ~**  
            Mackenzie Frankland | **Cycle Core ~**  
            Chloe Renzellman | **Cycle Core ~**  
            Mackenzie Frankland |
| 6:00pm    | **Group Strength ~**  
            Sarah Fenn | **Hill it! ~**  
            Aaron Matuszeski | **Group Strength ~**  
            Sarah Fenn | **Hill it! ~**  
            Aaron Matuszeski |
| 6:30pm    | **Cycle Core ~**  
            Chloe Renzelmann | **Cycle Core ~**  
            Amanda Manock | **Cycle Core ~**  
            Chloe Renzelmann | **Cycle Core ~**  
            Amanda Manock |
| 7:00pm    | **ZUMBA® & Core ~**  
            Joye Hellenbrand | **Yoga Sculpt ~**  
            Aleah Jones | **ZUMBA® & Core ~**  
            Joye Hellenbrand | **Yoga Sculpt ~**  
            Aleah Jones |
| 8:00pm    | **Kettlebell Conditioning ~**  
            Sarah Fenn | **Yoga ~**  
            Cora Vogt | **Kettlebell Conditioning ~**  
            Sarah Fenn | **Queer Night at the Rec ~**  
            Alternate |

**SATURDAY CLASS**

11:00am ~ Intro to Strength & Power (Fitness Center)  
           Aaron Matuszeski  

Noon ~ Cycle Core  
           Alternate instructors