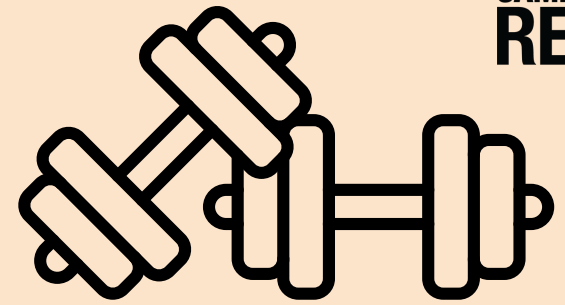


# GROUP FITNESS SCHEDULE FALL 2024



## MONDAY

### SPRINT (CYCLE)

3:00pm-3:30pm

**GF2**

### BOOTCAMP

4:00pm-5:00pm

**ATR**

### BODYPUMP

4:00pm-4:30pm

**GF2**

### BODYCOMBAT

4:45pm-5:30pm

**GF2**

### VINYASA FLOW

5:00pm-6:00pm

**GF 1**

### FUNCTIONAL TRAINING

5:45pm-6:30pm

**GF2**

### BOXING

6:00pm-7:00pm

**ATR**

## TUESDAY

### GRIT

4:00pm-4:30pm

**GF2**

### TONE

5:00pm-6:00pm

**GF2**

## WEDNESDAY

### BODYPUMP

4:15PM-4:45PM

**GF2**

### CORE

5:00PM-5:30PM

**GF2**

### POWER YOGA

5:00pm-6:00pm

**GF 1**

### BOXING

6:00pm-7:00pm

**ATR**

### LINE DANCING

6:30pm-7:15pm

**GF 2**

## THURSDAY

### ZUMBA

2:00pm-2:45pm

**GF 1**

### PILATES

3:00pm-4:00pm

**GF 1**

### KICKBOXING

5:00pm-6:00pm

**ATR**

### GENTLE YOGA

6:00pm-7:00pm

**GF1**

### ATHLETIC PERFORMANCE STRENGTH CIRCUIT

6:15pm-7:00pm

**ATR**

## FRIDAY

### BOOTCAMP

9:00am-10:00am

**ALPINE**

### BOXING

12:00pm-1:00pm

**ATR**

WITH A FITPASS YOU CAN JOIN ANY GROUP FITNESS CLASS THROUGHOUT THE SEMESTER. EACH SEMESTER, A CUSTOMIZED FITNESS CLASS SCHEDULE IS DESIGNED BASED ON STUDENT PREFERENCES AND INSTRUCTOR AVAILABILITY. CLASSES MAY BE REMOVED FROM THE SCHEDULE MIDWAY THROUGH THE SEMESTER IF ATTENDANCE IS LOW. PARTICIPANTS SHOULD REGULARLY CHECK THE GROUP FITNESS SCHEDULE ON THE CAMPUS RECREATION APP, AS IT MAY SUBJECT TO CHANGE. ALTERNATIVELY, PAY \$5 FOR ENTRY TO A SINGLE CLASS.

## REGISTRATION IS REQUIRED

If there are no participants registered 1 hour before the class, the class will be cancelled. Registration opens two weeks in advance.

