

GROUP FITNESS SCHEDULE

SUMMER 2024 (6/3-8/2)

MONDAY

KICKBOXING

5:45pm - 6:45pm
ATR

VINYASA FLOW*

5:00pm - 6:00pm
GF1

*Class available from 7/8-8/2

TUESDAY

FUNCTIONAL STRENGTH

1:30pm - 2:30pm
ATR

POWER YOGA

4:00pm - 5:00pm
GF1

BOXING

5:45pm - 6:45pm
ATR

HIIT - LM GRIT*

3:00pm - 3:30pm
GF2

*Class available from 7/8-8/2

WEDNESDAY

LM BODYCOMBAT

3:00pm - 3:45pm
GF2

LM BODYPUMP

4:00pm - 4:45pm
GF2

THURSDAY

SUMMER SCULPT

10:00am - 11:00am
Alpine Field

ZUMBA

2:00pm - 2:45pm
GF1

PILATES

3:00pm - 4:00pm
GF1

RESTORATIVE YOGA

5:00pm - 6:00pm
GF1

BOXING

5:45pm - 6:45pm
ATR

FRIDAY

KICKBOXING

12:00pm - 1:00pm
ATR

GET YOUR FITPASS

\$25

A FitPass gives you access to all group fitness classes for the entire semester. A unique schedule of fitness classes is created for the semester based on student interest and instructor availability. Classes can be pulled off the schedule as early as mid-semester due to low attendance.

Or pay \$5 for access 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.