

## MONDAY

### Spin & Burn

with Amanda • Rm 15  
6:00 - 6:45 a.m.

### Cardio BoxStep

with Tijuane • Rm 258  
7:00 - 8:00 a.m.

### Stretch & Strengthen

with Abida • Rm 250  
11:00 a.m. - 12:00 p.m.

### SpinTATIC

with Tat • Rm 15  
Noon - 12:45 p.m.

### Beginner Belly Dance

with Abida • Rm 250  
12:00 - 1:00 p.m.

### Zumba

with Tat • Rm 258  
1:00 - 2:00 p.m.

### Kick & Tone

with Yvonne • Rm258  
5:00 - 6:00 p.m.

### Power Yoga

with Keerthi • Rm250  
5:00 - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### Zumba

with Yvonne • Rm258  
6:00 - 7:00 p.m.

### Cardio Body Blast

with Reno • Rm250  
6:00 - 7:00 p.m.

### Bhangra Bootcamp

with Paramveer • Rm258  
7:00 - 8:00 p.m.

### Kickbox Insanity

with Reno • Rm258  
8:00 - 8:30 p.m.

## TUESDAY

### CoreBLAST

with Tijuane • Rm 258  
6:00 - 7:00 a.m.

### Hatha Yoga

with Kate • Rm 250  
7:00 - 8:00 a.m.

### Power30ROW!

with TBD • Main Floor  
7:00 - 7:30 a.m.

### SpinTATIC

with Tat • Rm 15  
7:00 - 8:00 a.m.

### Cardio Sculpt

with Megan • Rm 250  
8:00 - 9:00 a.m.

### Kickboxing Circuit

with Danielle • Rm 258  
8:30 - 9:30 a.m.

### Killing It MAX

with Kelly • Rm 250  
9:00 - 10:00 a.m.

### Kardio Kraze

with Kelly • Rm 250  
Noon - 1:00 p.m.

### Killing It Kardio MAX

with Kelly • Rm 250  
1:00 - 1:30 p.m.

### Hour GlassSLAY

with Tat • Rm 250  
1:30 - 2:00 p.m.

### Barre2Tone

with Abida • Rm 250  
2:30 - 3:30 p.m.

### TRX Max

with Katlyn • Rm150  
4:00 - 5:00 p.m.

### Vinyasa Yoga

with Kate • Rm 250  
5:00 - 6:00 p.m.

### Hustle

with Donna • Rm 258  
5:30 - 6:30 p.m.

### SpinTATIC

with Tat • Rm 15  
5:30 - 6:30 p.m.

### Wind Down Yoga

with Nick N • Rm 250  
6:00 - 7:00 p.m.

### HourGlassSLAY

with Tat • Rm 258  
6:30 - 7:00 p.m.

### Rhythmic Cycle

with Rachael • Rm 15  
6:30 - 7:30 p.m.

### Zumba

with Tat • Rm 258  
7:00 - 8:00 p.m.

### Core BLAST

with Reno • Rm 250  
7:00 - 8:00 p.m.

### Kickbox Insanity

with Reno • Rm 258  
8:00 - 9:00 p.m.

### Lite Stepper

with Rachael • Rm 250  
8:00 - 9:00 p.m.

## WEDNESDAY

### Spin & Burn

with Amanda • Rm 15  
6:00 - 6:45 a.m.

### Cardio BoxStep

with Tijuane • Rm 258  
7:00 - 8:00 a.m.

### Hatha Yoga

with Kate • Rm 250  
7:00 - 8:00 a.m.

### Women's Only Circuit

with Jasmine • W.O. Area  
10:00 - 11:00 a.m.

### Stretch & Strengthen

with Abida • Rm 250  
11:00 a.m. - 12:00 p.m.

### AbKiller & Body Sculpt

with George • Rm 258  
Noon - 1:00 p.m.

### SpinTATIC

with Tat • Rm 15  
Noon - 1:00 p.m.

### Beginner Belly Dance

with Abida • Rm 250  
12:00 - 1:00 p.m.

### Power Yoga

with Holly • Rock Wall Area  
Noon - 1:00 p.m.

### Zumba

with Tat • Rm 258  
1:00 - 2:00 p.m.

### Total Body Strong

with Reno • Rm 250  
2:00 - 3:00 p.m.

### HipHop Dance

with Maddison • Rm 250  
3:00 - 4:00 p.m.

### Hard Assets

with Maddison • Rm 250  
4:00 - 4:30 p.m.

### Strength & Balance

**Yoga**  
with Kate • Rm 250  
5:30 - 6:30 p.m.

### Hour GlassSLAY

with Tat • Rm 258  
5:30 - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### Cardio Body Blast

with Reno • Rm 150  
6:00 - 7:00 p.m.

### Zumba

with Tat • Rm 258  
6:00 - 7:00 p.m.

### Bhangra Bootcamp

with Paramveer • Rm 258  
7:00 - 8:00 p.m.

### Slow Flow Yoga

with Nick • Rm 250  
7:00 - 8:00 p.m.

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CAMPUS RECREATION



Mort Harris  
RECREATION AND FITNESS CENTER

*Schedule is subject to change*

# Fall 2016 Fitness Schedule

**Classes will begin Septmeber 12 and will end December 10, 2016.**

# Fall 2016 Fitness Schedule

CAMPUS RECREATION



Mort Harris  
RECREATION AND FITNESS CENTER

*Schedule is subject to change*

## THURSDAY

### CoreBLAST

with Tijuane • Rm 258  
6:00 - 7:00 a.m.

### Hatha Yoga

with Kate • Rm 250  
7:00 - 8:00 a.m.

### Power30ROW!

with Tijuane • Main Floor  
7:00 - 7:30 a.m.

### SpinTATic

with Tat • Rm 15  
7:00 - 8:00 a.m.

### Hip Hop Step

with Megan • Rm 250  
8:00 - 9:00 a.m.

### Kickboxing Circuit

with Danielle • Rm 258  
8:30 - 9:30 a.m.

### Killing It MAX

with Kelly • Rm 250  
9:00 - 10:00 a.m.

### Kardio Kraze

with Kelly • Rm 250  
Noon - 1:00 p.m.

### African Dance Fusion

with Patti • Rm 258  
Noon - 1:00 p.m.

### Bokwa Punch & Strike

with Patti • Rm 258  
1:00 - 2:00 p.m.

### HourGlassSLAY

with Tat • Rm 250  
1:30 - 2:00 p.m.

### TRX Max

with Katlyn • Rm 150  
4:00 - 5:00 p.m.

### Power Yoga

with Keerthi • Rm250  
5:00 - 6:00 p.m.

### Hustle

with Donna • Rm 258  
5:30 - 6:30 p.m.

### SpinTATic

with Tat • Rm 15  
5:30 - 6:30 p.m.

### Wind Down Yoga

with Nick N • Rm 250  
6:00 - 7:00 p.m.

### 30 min Abs

with Tat • Rm 258  
6:30 - 7:00 p.m.

### Rhythmic Cycle

with Rachael • Rm 15  
6:30 - 7:30 p.m.

### Zumba

with Tat • Rm 258  
7:00 - 8:00 p.m.

### Core BLAST

with Reno • Rm 250  
7:00 - 8:00 p.m.

### Kickbox Insanity

with Reno • Rm 258  
8:00 - 9:00 p.m.

### Lite Stepper

with Rachael • Rm 250  
8:00 - 9:00 p.m.

## FRIDAY

### Spin & Burn

with Amanda • Rm 15  
6:45 - 7:30 a.m.

### Tall, AbTight & Toned

with Tylar • Rm 250  
7:00 - 8:00 a.m.

### Women's Only Circuit

with Tat • W.O. Area  
7:30 - 8:30 a.m.

### Power Yoga

with Keerthi • Rm250  
Noon - 1:00 p.m.

### Tabata

with Reno • Rm 258  
Noon - 1:00 p.m.

### SpinTATic

with Tat • Rm 15  
Noon - 12:45 p.m.

### Barre2Tone

with Abida • Rm 250  
2:30 - 3:30 p.m.

### KickBox Insanity

with Reno • Rm 258  
5:30 - 6:30 p.m.

### Spin & Burn

with Amy/Tat • Rm 15  
5:30 - 6:30 p.m.

## SATURDAY

### Total Body Strong

with Reno • Rm 258  
10:30 - 11:30 a.m.

### KickBox Insanity

with Reno • Rm 258  
11:30 - 12:30 p.m.

### Belly Dance

**Choreography**  
with Abida • Rm 250  
11:30 a.m. - 12:30 p.m.

### Stretch & Tone

with Abida • Rm 250  
12:30 - 1:30 p.m.

### Barre Lite

with Abida • Rm 250  
1:30 - 2:30 p.m.