

MONDAY

**Bootcamp Cardio
Plus Abs**
with Deirdre • Rm 258
6:30 - 7:15 a.m.

HIIT It Quick
with Yvonne • Rm 258
7:15 - 8:00 a.m.

Cycle Zone
with Mirella • Rm 15
7:00 a.m. - 8:00 a.m.

Bootcamp/Step
with Deirdre • Rm 258
8:00 a.m. - 8:45 a.m.

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

Bhangra Fitness
with Arunpreet • Rm 258
11:30 a.m. - 12:15 p.m.

Riding With A Rhythm
with Mirella • Rm 15
12:00 - 1:00 p.m.

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

Strong by Zumba
with Mirella • Rm 258
1:00 - 2:00 p.m.

Wind Down Yoga
with Nick • Rm 250
5:00 - 6:00 p.m.

HIIT 45
with Anna • Rm 150
5:30 - 6:15 p.m.

Cycle To The Beat
with Amy • Rm 15
5:30 - 6:30 p.m.

Abs & Stretch
with Anna • Rm 150
6:30 - 7:15 p.m.

**Total Body
Cardio Blast**
with Reno • Rm 258
7:00 - 8:00 p.m.

Bhangra Fitness
with Arunpreet • Rm 250
7:00 - 7:45 p.m.

Kickbox Insanity
with Reno • Rm 258
8:00 - 9:00 p.m.

Total Body Spin
with George • Rm 15
8:00 - 8:45 p.m.

TUESDAY

Ballsy Moves Step Fusion
with Rachael • Rm 258
7:00 - 8:00 a.m.

Cycle To The Beat
with Amy • Rm 15
7:00 - 7:45 a.m.

SpinTATIC
with Tat • Rm 15
12:00 - 12:45 p.m.

Mid-Day Vinyasa
with Nick • Rm 250
12:00 - 1:00 p.m.

Kick Abs
with Tat • Rm 258
1:00 - 1:30 p.m.

Get Ripped
with Tat • Rm 258
1:30 - 2:00 p.m.

Having A Ball Class
with Debra • Rm 150
4:00 - 5:00 p.m.

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

Power Yoga
with Tara • Rm 250
6:00 - 7:00 p.m.

Kick Abs
with Tat • Rm 258
6:30 - 7:00 p.m.

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

Tabata
with Reno • Rm 150
7:00 - 8:00 p.m.

Kickbox Insanity
with Reno • Rm 258
8:00 - 9:00 p.m.

WEDNESDAY

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

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

Cycle Zone
with Mirella • Rm 15
7:00 - 8:00 a.m.

Abs & Stretch
with Anna • Rm 258
8:00 - 8:30 a.m.

Kickboxing
with Mirella • Rm 258
11:00 - 11:45 a.m.

Bhangra Fitness
with Arunpreet • Rm 250
11:30 a.m. - 12:15 p.m.

Total Body Spin
with Mirella • Rm 15
12:00 - 1:00 p.m.

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

Restorative Stretch
with Abida • Rm 250
1:00 - 2:00 p.m.

Wind Down Yoga
with Nick • Rm 250
5:00 - 6:00 p.m.

Bootcamp Cardio
with Deirdre • Rm 150
5:00 - 6:00 p.m.

Cycle To The Beat
with Amy • Rm 15
5:30 - 6:30 p.m.

Bootcamp Abs
with Deirdre • Rm 150
6:00 - 6:30 p.m.

Zumba
with Tat • Rm 258
6:00 - 7:00 p.m.

Kick Abs
with Tat • Rm 258
7:00 - 7:30 p.m.

Bhangra Fitness
with Arunpreet • Rm 250
7:00 - 7:45 p.m.

Continued on backside...

CAMPUS RECREATION



Mort Harris
RECREATION AND FITNESS CENTER

Schedule is subject to change

Fall 2017 Fitness Schedule

Classes will begin September 11 and will end December 9, 2017

YOUR PRESENCE MATTERS! HELP KEEP YOUR FAVORITE CLASSES ON THE SCHEDULE WITH REGULAR ATTENDANCE.

Don't risk losing your favorite class. If you love it, share that with others, invite friends/roommates, post about it and help promote your favorite class(es). Email Carole.Gist@wayne.edu with class suggestions and ideas.

**Fall 2017
Fitness
Schedule**
Classes will begin
September 11
and will end
December 9, 2017

CAMPUS RECREATION



Mort Harris
RECREATION AND FITNESS CENTER

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THURSDAY

**Fit Strength
Men Only**
with George • Lower Level
7:00 - 7:45 a.m.

**Fit Strength
Women Only**
with George • Lower Level
7:45 - 8:30 a.m.

**Ballsy Moves Step
Fusion**
with Rachael • Rm 258
7:00 - 8:00 a.m.

Cycle To The Beat
with Amy • Rm 15
7:00 - 7:45 a.m.

Barre Fitness
with Abida • Rm 250
10:00 - 11:00 a.m.

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

SpinTATic
with Tat • Rm 15
12:00 - 12:45 p.m.

Mid-Day Vinyasa
with Nick • Rm 250
12:00 - 1:00 p.m.

Zumba
with Tat • Rm 250
1:15 - 2:15 p.m.

Kick Abs
with Tat • Rm 250
2:15 - 3:00 p.m.

Having A Ball Class
with Debra • Rm 150
4:00 - 5:00 p.m.

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

Power Yoga
with Tara • Rm 250
6:00 - 7:00 p.m.

Core Cuts
with Lakithia • Rm 258
6:30 - 7:00 p.m.

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

AbBlast
with Reno • Rm 150
7:00 - 8:00 p.m.

Kickbox Insanity
with Reno • Rm 258
8:00 - 9:00 p.m.

FRIDAY

Bootcamp Cardio
with Deirdre • Rm 258
6:30 - 7:00 a.m.

Bootcamp Cardio
with Deirdre • Rm 258
7:00 - 7:45 a.m.

Cycle Zone
with Mirella • Rm 15
7:30 - 8:30 a.m.

Rhythmic Cycle Lite
with Mirella • Rm 15
11:45 a.m. - 12:30 p.m.

Strong by Zumba
with Mirella • Rm 250
12:45 p.m.

HIIT 45
with Anna • Rm 258
1:30 - 2:15 p.m.

Abs & Stretch
with Anna • Rm 258
2:15 - 3:00 p.m.

Barre Fitness
with Abida • Rm 250
4:00 - 5:00 p.m.

Restorative Stretch
with Abida • Rm 250
5:00 - 6:00 p.m.

Cycle To The Beat
with Amy • Rm 15
5:30 - 6:30 p.m.

SATURDAY

Power Yoga
with Tara • Rm 250
10:15 - 11:15 a.m.

Get Busted Bootcamp
with Tat • Rm 258
11:00 a.m. - 12:00 p.m.

SpinTATic
with Tat • Rm 15
12:00 - 1:00 p.m.

**Women's Only
Barre Fitness**
with Abida • Rm 250
12:00 - 1:00 p.m.

Strength & Stretch
with Abida • Rm 250
1:00 - 2:00 p.m.

Belly Dance
with Abida • Rm 250
2:00 - 3:00 p.m.