

## MONDAY

### Boot Camp

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

### Power Pilates

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

### Cycle Zone 45

with Angela • Rm 15  
7:00 a.m. - 7:45 a.m.

### Stretch & Burn

with Tylar • Rm 258  
10:00 a.m. - 11:00 a.m.

### Cardio Cravings

with Tylar • Rm 258  
11:00 a.m. - 12:00 p.m.

### Booty Blast

with Tylar • Rm 258  
12:00 p.m. - 12:30 p.m.

### Cycle Zone 45

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

### Core-poral Training

with Tylar • Rm 258  
12:30 - 1:00 p.m.

### Zumba Toning

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

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### Dance Yo'Self Fit

with Denise • Rm 150  
6:00 - 6:45 p.m.

### HIIT

with Anna • Rm 258  
6:30 - 7:30 p.m.

### Boot Camp

with Denise • Rm 150  
6:45 - 7:30 p.m.

### Solar Yoga

with Camila • Rm 250  
6:30 - 7:30 p.m.

### Krazed Kickboxing & Abs

with Denise • Rm 258  
7:30 - 8:15 p.m.

### TRX Core

with Anna • Rm 150  
7:30 - 8:00 p.m.

### Cycle Zone 45

with Denise • Rm 15  
8:15 - 9:00 p.m.

## TUESDAY

### HIIT

with JoElla • Rm 258  
6:15 - 7:00 a.m.

### Mindful Yoga Fusion

with Annette • Rm 250  
6:30 - 7:30 a.m.

### Hip Hop Dance Party

with JoElla • Rm 258  
7:00 - 7:45 a.m.

### Step Out & Find

#### Balance

with Rachael • Rm 250  
7:30 - 8:00 a.m.

### Cycle To The Beat

with DeAnnah • Rm 15  
7:15 - 8:00 a.m.

### Bhangra

with Arunpreet • Rm 250  
11:30 a.m. - 12:00 p.m.

### Cycle Zone 45

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

### Solar Yoga

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

### Step Out & Stretch

with Rachael • Rm 258  
12:15 p.m.

### Hit The Barre

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

### Find Balance

with Rachael • Rm 250  
1:30 - 2:00 p.m.

### Cycle To The Beat

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

### Boot Camp Burn

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

### Yoga Nidra Meditation

with Camila • Rm 250  
7:00 - 7:30 p.m.

### Hip Hop Dance Party

with JoElla • Rm 258  
7:00 - 7:45 p.m.

### Solar Yoga

with Camila • Rm 250  
7:30 - 8:30 p.m.

## WEDNESDAY

### Cycle Zone

with Angela • Rm 15  
6:00 - 7:00 a.m.

### Boot Camp

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

### Power Pilates

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

### Core-poral Training

with Tylar • Rm 250  
10:00 - 10:30 a.m.

### Booty Blast

with Tylar • Rm 250  
10:30 - 11:00 a.m.

### Floor Barre

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

### Stretch & Burn

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

### Cycle Zone 45

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

### Yoga Blend

with Savannah • Rm 250  
5:00 - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### HipNosis

with Denise • Rm 258  
6:00 - 6:30 p.m.

### Wind Down Yoga

with Kristine • Rm 250  
6:30 - 7:30 p.m.

### HIIT

with Anna • Rm 258  
6:30 - 7:30 p.m.

### Boot Camp

with Denise • Rm 150  
6:45 - 7:30 p.m.

### Krazed Kickboxing & Abs

with Denise • Rm 258  
7:30 - 8:15 p.m.

### Bhangra

with Arunpreet • Rm 250  
7:30 - 8:00 p.m.

### TRX Core

with Anna • Rm 150  
7:30 - 8:00 p.m.

### Cycle Zone 45

with Denise • Rm 15  
8:15 - 9:00 p.m.

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WAYNE STATE UNIVERSITY  
Department of Athletics  
Mort Harris Recreation & Fitness Center

*Schedule is subject to change*

*Updated 10/22/18*

# Fall 2018 Fitness Schedule

Classes will begin September 10 and will end December 15, 2018

**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](mailto:Carole.Gist@wayne.edu) with class suggestions and ideas.

## THURSDAY

### HIIT

with JoElla • Rm 258  
6:15 - 7:00 a.m.

### Strengthening Slow

#### Flow Yoga

with Annette • Rm 250  
6:30 - 7:30 a.m.

### Hip Hop Dance Party

with JoElla • Rm 258  
7:00 - 7:45 a.m.

### Cycle To The Beat

with Rachael • Rm 15  
7:15 - 8:00 a.m.

### Bhangra

with Arunpreet • Rm 250  
11:30 a.m. - 12:00 p.m.

### Cycle Zone 45

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

### Solar Yoga

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

### Step Out & Stretch

with Rachael • Rm 258  
12:15 p.m. - 12:45 p.m.

### Hit The Barre

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

### Find Balance

with Rachael • Rm 250  
1:30 - 2:00 p.m.

### SpinTATic

with Tat • Rm 15  
5:30 - 6:30 p.m.

### Dance Fitness

with Stacey • Rm 250  
5:30 - 6:30 p.m.

### Boot Camp Burn

with JoElla • Rm 258  
6:00 - 6:45 p.m.

### Zumba Hype!

with Tat • Rm 258  
6:45 - 7:45 p.m.

### Yoga Nidra

#### Meditation

with Camila • Rm 250  
7:00 - 7:30 p.m.

### Power Yoga

with Andrea • Rm 250  
7:30 - 8:30 p.m.

### Kickbox Extreme

with Tat • Rm 258  
7:45 - 8:45 p.m.

## FRIDAY

### Boot Camp

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

### Cycle Zone 45

with Angela • Rm 15  
7:00 - 7:45 a.m.

### Relax and Stretch

with JoElla • Rm 258  
8:00 - 8:30 a.m.

### Floor Barre

with Tylar • Rm 250  
10:00 - 11:00 a.m.

### Dance Fitness

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

### Core-poral Training

with Tylar • Rm 258  
12:00 - 12:30 p.m.

### Cycle To The Beat

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

### Booty Blast

with Tylar • Rm 258  
12:30 - 1:00 p.m.

### Cardio Cravings

with Tylar • Rm 258  
1:00 - 1:45 p.m.

### Kick Abs

with Tylar • Rm 258  
1:45 - 2:15 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

## SATURDAY

### Krazed Kickboxing & Abs

with Denise • Rm 258  
10:15 - 11:00 a.m.

### Breaktime Stretch

with Rachael • Rm 250  
10:15 - 10:30 a.m.

### Hit The Barre

with Rachael • Rm 250  
10:30 - 11:00 a.m.

### Boot Camp

with Denise • Rm 258  
11:00 a.m. - 12:00 p.m.

### SpinTATic

with Tat • Rm 15  
11:00 a.m. - 12:00 p.m.

### Step Out & Find Balance

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

### Zumba Hype!

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

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September 10  
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