

## MONDAY

### Riding With a Rhythm

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

### Yoga-Lattés

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

### Barre Fitness

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

### Restorative Stretch

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

### Riding With a Rhythm

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

### Belly Dance

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

### Vinyasa Yoga

with Nick • Rm 250  
5:00 - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### Total Body CardioBLAST

with Reno • Rm 258  
7:00 - 8:00 p.m.

### Zumba

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

### Kickbox Insanity

with Reno • Rm 258  
8:00 - 9:00 p.m.

### Core Cuts

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

## TUESDAY

### Cycle To The Beat

with Amy • Rm 15  
7:00 - 7:45 a.m.

### Ballys Moves

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

### Beast Mode Warriors!

with Jasmine • Rm 150  
12:00 - 12:45 p.m.

### SpinTATic

with Tat • Rm 15  
12:00 - 12:45 p.m.

### Abs & Stretch

with Anna • Rm 258  
4:30 - 5:30 p.m.

### HIIT

with Anna • Rm 258  
5:30 - 6:30 p.m.

### SpinTATic

with Tat • Rm 15  
5:30 - 6:30 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.

### Power Yoga

with Tara • Rm 250  
7:30 - 8:30 p.m.

### Kickbox Insanity

with Reno • Rm 258  
8:00 - 9:00 p.m.

## WEDNESDAY

### HIIT Cycle

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

### Yoga-Lattés

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

### Women's Only Circuit Training

with Jasmine • WO Area/  
Rm 150  
12:00 - 12:45 p.m.

### Strength & Stretch

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

### HIIT Cycle

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

### Women's Only Barre Fitness

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

### Kick Abs!

with Tat • Rm 258  
5:30 - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

### Zumba

with Tat • Rm 258  
6:00 - 7:00 p.m.

## THURSDAY

### Cycle To The Beat

with Amy • Rm 15  
7:00 - 7:45 a.m.

### Ballys Moves

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

### SpinTATic

with Tat • Rm 15  
12:00 - 12:45 p.m.

### Restorative Stretch

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

### Barre Fitness

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

### SpinTATic

with Tat • Rm 15  
5:30 - 6:30 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.

### AbBLAST

with Reno • Rm 150  
7:00 - 8:00 p.m.

### Power Yoga

with Tara • Rm 250  
7:30 - 8:30 p.m.

### Kickbox Insanity

with Reno • Rm 258  
8:00 - 9:00 p.m.

## FRIDAY

### Body SCULPT

with George • Weight Rm  
Lower Level  
8:00 - 9:00 a.m.

### Yoga-Lattés

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

### Rhythmic Cycle Lite

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

### Barre Fitness

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

### Restorative Stretch

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

### Vinyasa Yoga

with Nick • Rm 250  
5:00 - 6:00 p.m.

## SATURDAY

### 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.

### Get Ripped Boot Camp

with Tat • Rm 258  
1:00 - 1:45 p.m.

### Strength and Stretch

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

### Belly Dance

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

### Yin Yoga

with Nick • Rm 250  
5:00 - 6:00 p.m.

### Wind Down Yoga

with Nick • Rm 250  
6:00 - 7:00 p.m.

# Spring & Summer 2017 Fitness Schedule

Classes will begin May 15 and will end August 19, 2017.

CAMPUS RECREATION



Mort Harris  
RECREATION AND FITNESS CENTER

*Schedule is subject to change*