### MONDAY
- **Riding With a Rhythm**
  - with Sharon • Rm 15
  - 7:00 - 7:45 a.m.
- **Yoga-Lattés**
  - with Rachael • Rm 258
  - 7:00 - 8:00 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.
- **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 - 9:00 p.m.

### TUESDAY
- **Cycle To The Beat**
  - with Amy • Rm 15
  - 7:00 - 7:45 a.m.
- **Ballas 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.
- **HITT**
  - with Anna • Rm 258
  - 5:30 - 6:30 p.m.
- **PiYo**
  - with Katie • Rm 250
  - 6:00 - 7:00 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.
- **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 Rachael • 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
  - 2:00 - 2:40 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.
- **Power Yoga**
  - with Tara • Rm 250
  - 7:30 - 8:30 p.m.
- **Kickbox Insanity**
  - with Reno • Rm 258
  - 8:00 - 9:00 p.m.

### THURSDAY
- **Cycle To The Beat**
  - with Amy • Rm 15
  - 7:00 - 7:45 a.m.
- **Ballas Moves**
  - with Rachael • Rm 258
  - 7:00 - 8:00 a.m.
- **Yoga-Lattés**
  - with Sharon • Rm 250
  - 8:00 - 9:00 a.m.
- **PiYo**
  - with Katie • Rm 250
  - 7:00 - 8:00 a.m.
- **SpinTATic**
  - with Tat • Rm 15
  - 7:00 - 12:45 p.m.
- **Women’s Only Circuit Training**
  - with Rachael • Rm 150
  - 12:00 - 12:45 p.m.
- **Strength & Stretch**
  - with Abida • Rm 250
  - 12:00 - 1:00 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.
- **Barre Fitness**
  - with Abida • Rm 250
  - 3:00 - 4:00 p.m.
- **SpinTATic**
  - with Tat • Rm 15
  - 5:30 - 6:30 p.m.
- **Kick Abs!**
  - with Tat • Rm 258
  - 5:30 - 6:00 p.m.
- **Zumba**
  - with Tat • Rm 258
  - 6:30 - 7:00 p.m.
- **Power Yoga**
  - with Tara • Rm 250
  - 7:00 - 8:00 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
  - 3:00 - 4:00 p.m.
- **Vinyasa Yoga**
  - with Nick • Rm 250
  - 5:00 - 6:00 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.

### 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.

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Spring & Summer 2017 Fitness Schedule

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

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Schedule is subject to change