

MONDAY

Bootcamp

with Angela • Rm 258
6:00 - 7:00 a.m.

Cycle Zone

with Angela • Rm 15
7:00 - 7:45 a.m.

Cardio Camp

with Reno • Rm 258
11:15 a.m. - 12:00 p.m.

Booty Blast

with Reno • Rm 258
12:00 - 12:30 p.m.

Cycle Zone

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

Zumba Toning

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

Wind Down Yoga

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

Cardio Dance Fusion

with Reyonna & Anicia
Rm 258
6:30 - 7:15 p.m.

TUESDAY

Mindful Yoga Fusion

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

Cycle 2 the Beat

with DeAnnah • Rm 15
7:00 - 8:00 a.m.

Cardio Camp

with Reno • Rm 250
10:00 - 10:45 a.m.

Fit Camp

with Reno • Rm 250
11:15 a.m. - 12:00 p.m.

The Kraze

with Kelly • Rm 250
12:00 - 1:00 p.m.

SpinTATic

with Tat • Rm 15
12:00 - 12:45 p.m.

Get Busted Bootcamp

with Tat • Rm 258
1:00 - 2:00 p.m.

Absolutely Abs

with Tat • Rm 258
2:15 - 3:00 p.m.

SpinTATic

with Tat • Rm 15
5:30 - 6:30 p.m.

Zumba Hype

with Tat • Rm 258
6:30 - 7:30 p.m.

Kickboxing Insanity

with Tat • Rm 258
7:30 - 8:30 p.m.

WEDNESDAY

Bootcamp

with Angela • Rm 258
6:00 - 7:00 a.m.

Cycle Zone

with Angela • Rm 15
7:00 - 7:45 a.m.

Fit Camp

with Reno • Rm 250
9:15 - 10:00 a.m.

Killer Kore

with Reno • Rm 250
10:00 - 10:30 a.m.

Booty Blast

with Reno • Rm 250
10:30 - 11:00 a.m.

Cycle Zone

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

Cycle To The Beat

with Amy • Rm 15
5:30 - 6:30 p.m.

Zumba Hype

with Tat • Rm 258
6:00 - 7:00 p.m.

Kickboxing Circuit

with Tat • Rm 258
7:00 - 8:00 p.m.

THURSDAY

Cycle 2 the Beat

with DeAnnah • Rm 15
7:00 - 8:00 a.m.

Cardio Camp

with Reno • Rm 250
10:00 - 10:45 a.m.

Fit Camp

with Reno • Rm 250
11:15 a.m. - 12:00 p.m.

The Kraze

with Kelly • Rm 250
12:00 - 1:00 p.m.

SpinTATic

with Tat • Rm 15
12:00 - 12:45 p.m.

Outdoor Yoga

with Chelsea • Outside Lawn
12:00 - 12:45 p.m.

Kickboxing Extreme

with Tat • Rm 258
1:00 - 2:00 p.m.

Absolutely Abs

with Tat • Rm 258
2:15 - 3:00 p.m.

SpinTATic

with Tat • Rm 15
5:30 - 6:30 p.m.

Zumba Hype

with Tat • Rm 258
6:30 - 7:30 p.m.

Strengthening Slow

Flow Yoga

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

Kickboxing Insanity

with Tat • Rm 258
7:30 - 8:30 p.m.

FRIDAY

Bootcamp

with Angela • Rm 258
6:00 - 7:00 a.m.

Cycle Zone

with Angela • Rm 15
7:00 - 8:00 a.m.

Fit Camp

with Reno • Rm 250
9:15 - 10:00 a.m.

Killer Kore

with Reno • Rm 250
10:00 - 10:30 a.m.

Booty Blast

with Reno • Rm 250
10:30 - 11:00 a.m.

Cycle To The Beat

with Angela • Rm 15
12:00 - 1:00 p.m.

Cycle To The Beat

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

SATURDAY

SpinTATic

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

CAMPUS RECREATION



Mort Harris
RECREATION AND FITNESS CENTER

Schedule is subject to change

Spring/Summer 2018 Fitness Schedule

Classes will run May 7 - August 11, 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 with class suggestions and ideas.