

MONDAY

Bootcamp Strength

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

Cycle Zone

with Angela • Rm 15
7:00 - 7:45 a.m.

Suspension Bootcamp TRX

with Anna • Rm 150
7:00 - 8:00 a.m.

Bootcamp Abs

with Deirdre • Rm 258
7:30 - 8:00 a.m.

Bootcamp/Step

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

Barre Bootcamp

with Anna • Rm 250
8:15 - 9:15 a.m.

Bhangra Fitness

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

Strength & Stretch

with Abida • Rm 250
12:00 - 1:00 p.m.

Cycle Zone

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

Belly Dance

with Abida • Rm 250
1:00 - 2:00 p.m.

Yoga

with Kristine • Rm 250
3:30 - 4:30 p.m.

Bhangra Fitness

with Arunpreet • Rm 250
5:00 - 5:45 p.m.

Zumba Toning

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

Cycle To The Beat

with Amy • Rm 15
5:30 - 6:30 p.m.

Wind Down Yoga

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

HIITS

with Anna • Rm 150
6:00 - 7:00 p.m.

TRX Core

with Anna • Rm 150
7:00 - 7:30 p.m.

TUESDAY

Cycle To The Beat

with Amy • Rm 15
7:00 - 7:45 a.m.

The Kraze

with Kelly • Rm 150
8:30 - 9:00 a.m.

SpinTATic

with Tat • Rm 15
12:00 - 12:45 p.m.

The Kraze

with Kelly • 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.

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.

Foundational Yoga

with Tara • Rm 250
7:00 - 8:00 p.m.

WEDNESDAY

Guns, Gut, Glutes

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

Cycle Zone

with Angela • Rm 15
7:00 - 7:45 a.m.

Suspension Bootcamp TRX

with Anna • Rm 150
7:00 - 8:00 a.m.

Barre Bootcamp

with Anna • Rm 250
8:15 - 9:15 a.m.

Bhangra Fitness

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

Cycle Zone

with Angela • Rm 15
12:00 - 12:45 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.

Bootcamp Cardio + Strength

with Deirdre • Rm 258
5:00 - 6:00 p.m.

Bhangra Fitness

with Arunpreet • Rm 250
5:00 - 5:45 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.

Wind Down Yoga

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

Kick Abs

with Tat • Rm 258
7:00 - 7:30 p.m.

Continued on backside...

CAMPUS RECREATION



Mort Harris
RECREATION AND FITNESS CENTER

Schedule is subject to change

Winter 2018 Fitness Schedule

Classes will begin January 16 and will end April 21, 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.

Winter 2018 Fitness Schedule

Classes will begin
January 16
and will end
April 21, 2018

CAMPUS RECREATION



Mort Harris
RECREATION AND FITNESS CENTER

Schedule is subject to change

THURSDAY

Cycle To The Beat

with Amy • Rm 15
7:00 - 7:45 a.m.

The Kraze

with Kelly • Rm 150
8:30 - 9:00 a.m.

The Kraze

with Kelly • Rm 250
12:00 - 1:00 p.m.

SpinTATic

with Tat • Rm 15
12:00 - 12:45 p.m.

Zumba

with Tat • Rm 258
1:00 - 2:00 p.m.

Kickboxing Circuit

with Tat • Rm 258
2:15 - 3:00 p.m.

Foundation Power Yoga

with Tara • Rm 250
5:00 - 6:00 p.m.

Zumba Basic: Hi/Lo

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

Suspension

Bootcamp TRX
with Anna • Rm 150
6:00 - 7:00 p.m.

Kick Abs

with Tat • Rm 258
6:30 - 7:00 p.m.

TRX Core

with Anna • Rm 150
7:00 - 7:30 p.m.

Zumba

with Tat • Rm 258
7:00 - 8:00 p.m.

FRIDAY

Bootcamp Cardio

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

Cycle Zone

with Angela • Rm 15
7:30 - 8:15 a.m.

Cycle Zone

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

Restorative Stretch

with Abida • Rm 250
4:00 - 5:00 p.m.

Barre Fitness

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

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.