

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.

Wind Down Yoga

with Kristine • Rm 250
6:00 - 7:00 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
7:00 - 8:00 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.

Break Time Stepper

Women Only
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.

Solar Yoga

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

Break Time Stretch

with Rachael • Rm 258
12:00 p.m. & 12:15 p.m.

Cycle Zone 45

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

Yoga

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

Break Time Stepper

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

Break Time Barre

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

Break Time 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 258
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.

Break Time Step & Balance

Women Only
with Rachael • Rm 250
8:30 - 9:00 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.

Cycle To The Beat

with Amy • Rm 15
5:30 - 6:30 p.m.

Beginners Step

with Denise • Rm 258
6:00 - 6:30 p.m.

Wind Down Yoga

with Kristine • Rm 250
6:00 - 7:00 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.

Continued on backside...



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

Schedule is subject to change

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 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 - 8:00 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.

Break Time Stretch

with Rachael • Rm 258
12:00 p.m. & 12:15 p.m.

SpinTATIC

with Tat • Rm 15
12:00 - 12:45 p.m.

Yoga

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

Break Time Balance

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

Break Time Barre

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

Break Time Stepper

with Rachael • Rm 258
1:30 - 2:00 p.m.

SpinTATIC

with Tat • Rm 15
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.

Break Time

**Step & Balance
Women Only**
with Rachael • Rm 250
8:30 - 9:00 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
7:30 - 8:00 a.m.

Floor Barre

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

Zumba Hype!

with Tat • 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 Tat • Rm 250
1:00 - 1:30 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.

Break Time Stretch

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

Break Time 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.

Break Time Step & Balance

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

Zumba Hype!

with Tat • Rm 258
12:00 - 1:00 p.m.

Fall 2018 Fitness Schedule

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



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