

## 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 258  
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](mailto: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



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RECREATION AND FITNESS CENTER

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**THURSDAY**

**Cycle To The Beat**

with Amy • Rm 15  
7:00 - 7:45 a.m.

**The Kraze**

with Kelly • Rm 258  
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.