



GET MOVING @WSUREC

MONDAY

Afitt Boot Camp
with Angela • Rm 258
6:00 - 7:00 a.m.

Sunrise Yoga Flow
with Kelsey J. • Rm 250
6:30 - 7:30 a.m.

Cycle To The Beat 45
with Angela • Rm 15
7:00 a.m. - 7:45 a.m.

Slow Flow Power Yoga
with Nicole • Rm 250
8:00 a.m. - 9:00 a.m.

Cycle To The Beat 45
with Angela • Rm 15
12:00 - 12:45 p.m.

**HIIT & Strength
(Women Only)**
with Warda • Rm 250
12:00 - 1:00 p.m.

**Metabolic
Conditioning**
with JoElla • Rm 258
5:00 - 6:00 p.m.

Yoga Fusion
with Kelsey G. • Rm 250
5:30 - 6:30 p.m.

**Fundamentals of
Weightlifting**
with JoElla • Rm 258
6:00 - 6:45 p.m.

**Functional Fitness/
Crossfit**
with JoElla • Rm 258
6:45 - 7:45 p.m.

Gliding to ABS
with Reno • Rm 250
7:00 - 8:00 p.m.

Mobility & Stretching
with JoElla • Rm 150
7:45 - 8:30 p.m.

Body Blast
with Reno • Rm 258
8:00 - 9:00 p.m.

TUESDAY

T.E.A.M.HIIT
with Ronald • Rm 258
7:00 - 8:00 a.m.

**Meditative
Movement**
with Kelly • Rm 250
8:00 - 9:00 a.m.

Lunchtime Fit 45
with Kelly • Lobby Area
12:00 - 12:45 p.m.

Intro To Flow Yoga
with Kelsey G. • Rm 250
12:00 - 1:00 p.m.

Gliding to ABS
with Reno • Rm 258
4:00 - 5:00 p.m.

Bodyweight HIIT
with Nicole • Rm 258
5:00 - 6:00 p.m.

Cycle Craze
with Anna • Rm 15
5:00 - 6:00 p.m.

Slow Flow Yoga
with Kelsey G. • Rm 250
5:30 - 6:30 p.m.

HIIT
with Anna • Rm 258
6:00 - 7:00 p.m.

Rhythm Ride
with Nicole • Rm 15
7:00 - 7:45 p.m.

Boot Camp
with Anna • Rm 258
7:00 - 8:00 p.m.

Kickbox Insanity
with Reno • Rm 258
8:00 - 9:00 p.m.

Moonlit Yoga
with Camila • Rm 250
9:00 - 10:00 p.m.

WEDNESDAY

Cycle To The Beat
with Angela • Rm 15
6:00 - 7:00 a.m.

Slow Flow Power Yoga
with Nicole • Rm 250
8:00 a.m. - 9:00 a.m.

Afitt Boot Camp
with Angela • Rm 258
7:00 - 8:00 a.m.

**HIIT & Strength
(Women Only)**
with Debra • Rm 250
11:00 a.m. - 12:00 p.m.

Cycle To The Beat 45
with Angela • Rm 15
12:00 - 12:45 p.m.

Metabolic Conditioning
with JoElla • Rm 258
5:00 - 6:00 p.m.

Yoga Fusion
with Kelsey G. • Rm 250
5:30 - 6:30 p.m.

**Fundamentals of
Weightlifting**
with JoElla • Rm 258
6:00 - 6:45 p.m.

Zumba
with Kelly • Rm 150
6:00 - 7:00 p.m.

**Functional Fitness/
Crossfit**
with JoElla • Rm 258
6:45 - 7:45 p.m.

Mobility & Stretching
with JoElla • Rm 150
7:45 - 8:30 p.m.

Gliding to ABS
with Reno • Rm 250
7:00 - 8:00 p.m.

Body Blast
with Reno • Rm 258
8:00 - 9:00 p.m.

THURSDAY

Gym Floor & More
with Anna • Lobby Area
7:00 - 8:00 a.m.

**Meditative
Movement**
with Kelly • Rm 250
8:00 - 9:00 a.m.

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

Lunchtime Fit 45
with Kelly • Lobby Area
12:00 - 12:45 p.m.

Gliding to ABS
with Reno • Rm 258
4:00 - 5:00 p.m.

Yoga for Climbers
with Camila • Rm 250
4:00 - 5:00 p.m.

Combat Kickboxing
with Reno • Rm 258
5:00 - 6:00 p.m.

Cycle Craze
with Anna • Rm 15
5:00 - 6:00 p.m.

Boot Camp
with Anna • Rm 258
6:00 - 7:00 p.m.

Rhythm Ride
with Nicole • Rm 15
7:00 - 7:45 p.m.

HIIT
with Anna • Rm 258
7:00 - 8:00 p.m.

Power Yoga
with Andrea • Rm 250
7:00 - 8:00 p.m.

Yoga Nidra
with Camila • Rm 250
8:00 - 8:30 p.m.

Kickbox Insanity
with Reno • Rm 258
8:00 - 9:00 p.m.

Moonlit Yoga
with Camila • Rm 250
8:30 - 9:30 p.m.

FRIDAY

Afitt Boot Camp
with Angela • Rm 258
6:00 - 7:00 a.m.

Sunrise Yoga Flow
with Kelsey J. • Rm 250
6:30 - 7:30 a.m.

Cycle To The Beat 45
with Angela • Rm 15
7:00 - 7:45 a.m.

Gliding Body Blast
with Reno • Rm 258
12:00 - 12:45 p.m.

Cycle To The Beat
with Nicole • Rm 15
12:00 - 12:45 p.m.

Combat Kickboxing
with Reno • Rm 258
12:45 - 1:30 p.m.

SATURDAY

NO CLASSES

Fall 19 Fitness Schedule

Classes will begin September 3
and will end December 21, 2019

**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.



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

Schedule is subject to change
Updated 10/15/19