### Spring/Summer 2019 Fitness Schedule

Classes will begin May 13, 2019 and end August 17.

**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.

#### MONDAY
- **AFitt Boot Camp**
  with Angela - Rm 258
  6:00 - 7:00 a.m.
- **Cycle To The Beat 45**
  with Angela - Rm 15
  7:00 - 7:45 a.m.
- **Cycle To The Beat 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.

#### TUESDAY
- **HIIT Tabata Series**
  with Ronald - Rm 258
  7:00 - 8:00 a.m.
- **Cycle To The Beat**
  with Angela - Rm 15
  12:00 - 12:45 p.m.
- **Lunchtime Fit**
  with Kelly - Front Lobby
  12:00 p.m. - 12:45 p.m.
- **HIIT Tabata Series**
  with Ronald - Rm 150
  5:00 - 6:00 p.m.
- **Cycle To The Beat**
  with Amy - Rm 15
  5:30 - 6:30 p.m.
- **Candlelit Yoga**
  with Camila - Rm 250
  6:00 - 7:00 p.m.
- **Boot Camp Burn**
  with JoElla - Rm 258
  7:00 - 8:00 p.m.

#### WEDNESDAY
- **Cycle To The Beat**
  with Angela - Rm 15
  6:00 - 7:00 a.m.
- **AFitt Boot Camp**
  with Angela - Rm 258
  7:00 - 8:00 a.m.
- **Lunchtime Fit**
  with Kelly - Front Lobby
  12:00 p.m. - 12:45 p.m.
- **Cycle To The Beat**
  with Angela - Rm 15
  12:00 - 12:45 p.m.
- **Candlelit Yoga**
  with Camila - Rm 250
  12:00 p.m. - 1:00 p.m.
- **Yoga for Climbers**
  with Camila - Rm 250
  4:00 - 5:00 p.m.
- **Boot Camp**
  with Anna - Rm 258
  5:00 - 6:00 p.m.
- **Cycle To The Beat**
  with Amy - Rm 15
  5:30 - 6:30 p.m.
- **HIIT**
  with Anna - Rm 258
  6:00 - 7:00 p.m.
- **Strengthening Slow Flow Yoga**
  with Annette - Rm 250
  6:30 - 7:30 p.m.
- **Boot Camp & Core**
  with Anna - Rm 258
  7:00 - 7:45 p.m.

#### THURSDAY
- **HIIT Tabata Series**
  with Ronald - Rm 258
  7:00 - 8:00 a.m.
- **Lunchtime Fit**
  with Kelly - Front Lobby
  12:00 p.m. - 12:45 p.m.
- **HIIT Tabata Series**
  with Ronald - Rm 258
  5:00 - 6:00 p.m.
- **SpinTATic**
  with Tat - Room 15
  6:00 - 7:00 p.m.
- **Zumba Hype!**
  with Tat - Rm 258
  7:00 - 8:00 p.m.
- **Power Yoga**
  with Andrea - Rm 250
  7:00 - 8:00 p.m.

#### FRIDAY
- **AFitt Boot Camp**
  with Angela - Rm 258
  6:00 - 7:00 a.m.
- **Cycle To The Beat**
  with Angela - Rm 15
  7:00 - 7:45 a.m.
- **Zumba Hype!**
  with Tat - Rm 258
  11:00 a.m. - 12:00 p.m.
- **SpinTATic**
  with Tat - Room 15
  12:00 - 12:45 p.m.