MONDAY

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

Cycle Zone 45
with DeAnnah • Rm 258
6:45 - 7:25 p.m.

HIIT
with JoElla • Rm 258
6:15 - 7:00 a.m.

Tabata Series:
Upper Body
with Ronald • Rm 258
7:00 - 8:00 a.m.

Pilates
with Shelby • Rm 250
7:30 - 8:00 p.m.

Stretch & Burn
with Tylar • Rm 258
10:00 - 11:00 a.m.

Cycle Zone 45
with DeAnnah • Rm 15
6:30 - 7:30 p.m.

HIIT
with Ronald • Rm 258
6:30 - 7:30 p.m.

Core & Restore
with Anna • Rm 150
7:45 - 8:30 a.m.

Breaktime Barre
with Rachael • Rm 250
11:25 a.m. - 11:55 a.m.

Booty Blast
with Tylar • Rm 258
12:45 - 1:30 p.m.

Cycle Zone 45
with Tylar • Rm 15
12:00 - 12:45 p.m.

Kickbox Insanity
with Reno • Rm 258
8:15 - 9:15 p.m.

Meet Me On Da Floor
with Kelly • Main level gym floor
12:00 - 12:30 p.m.

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

Zumba/Dance
Fitness
with Stacey • Rm 258
5:30 - 6:30 p.m.

Cycle To The Beat
with Amy • Rm 15
5:30 - 6:30 p.m.

Boot Camp
with DeAnnah • Rm 258
5:45 - 6:30 p.m.

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

TUESDAY

HIIT
with JoElla • Rm 258
6:15 - 7:00 a.m.

Tabata Series:
Upper Body
with Ronald • Rm 258
7:00 - 8:00 a.m.

Power Pilates
with JoElla • Rm 250
7:00 - 8:00 a.m.

Breaktime Core
with Rachael • Rm 250
8:00 - 9:00 a.m.

Walk 2 the Beat
with Rachael • 3rd Floor Track
10:50 - 11:20 a.m.

Breaktime Barre
with Rachael • Rm 250
11:25 a.m. - 11:55 a.m.

Meet Me On Da Floor
with Kelly • Main level gym floor
12:00 - 12:30 p.m.

Cycle Zone 45
with Angela • Rm 258
6:00 - 6:45 a.m.

Abs & Stretch
with DeAnnah • Rm 250
6:35 - 6:55 p.m.

Mindful Meditation
with Kristine • Rm 250
7:00 - 7:30 p.m.

Wind Down Yoga
with Kristine • Rm 250
7:30 - 8:30 p.m.

Total Body Circuit
with JoElla • Rm 258
7:45 - 8:30 p.m.

WEDNESDAY

HIIT
with JoElla • Rm 258
6:15 - 7:00 a.m.

Pilates
with Shelby • Rm 250
7:00 - 7:30 a.m.

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

Core-poral Training
with Anna • Rm 250
5:00 p.m. - 6:00 p.m.

Core & Restore
with Anna • Rm 150
7:45 - 8:30 p.m.

Boot Camp
with Anna • Rm 258
5:45 - 6:30 p.m.

HIIT
with Anna • Rm 258
6:30 - 7:30 p.m.

Power Flow Yoga
with Kristine • Rm 250
6:30 - 7:30 p.m.

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

Bodhi Barre
with Annette • Rm 258
7:00 - 8:00 a.m.

Breaktime Barre
with Rachael • Rm 250
10:45 - 11:15 a.m.

Cycle Zone 45
with DeAnnah • Rm 258
5:45 - 6:30 p.m.

Cycle to the Beat
with DeAnnah • Rm 258
5:45 - 6:30 p.m.

Cycle Zone 45
with DeAnnah • Rm 258
5:30 - 6:30 p.m.

Core-poral Training
with Tylar • Rm 258
7:30 - 8:30 p.m.

Krazed Kickboxing
& Abs
with Reno • Rm 258
8:15 - 9:15 p.m.

Breaktime Barre
with Rachael • Rm 250
11:25 a.m. - 11:55 a.m.

Cycle Zone 45
with DeAnnah • Rm 15
6:45 - 7:25 p.m.

Power Pilates
with JoElla • Rm 250
7:30 - 8:00 p.m.

Wind Down Yoga
with Kristine • Rm 250
7:30 - 8:30 p.m.

Core & Restore
with Anna • Rm 150
7:45 - 8:30 p.m.

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

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

Breaktime Barre
with Rachael • Rm 250
11:25 a.m. - 11:55 a.m.

Cycle Zone 45
with DeAnnah • Rm 258
5:30 - 6:30 p.m.

Boot Camp
with DeAnnah • Rm 258
5:45 - 6:30 p.m.

Updated 3/14/19

Winter 2019 Fitness Schedule

Classes will begin January 14, 2019 and will end April 27, 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.

Continued on backside...
### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Room(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:00 a.m.</td>
<td>HIIT</td>
<td>JoElle</td>
<td>RM 258</td>
</tr>
<tr>
<td>6:30 - 7:30 a.m.</td>
<td>Yoga Fusion</td>
<td>Annette</td>
<td>RM 250</td>
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<td>7:00 - 8:00 a.m.</td>
<td>Power Pilates</td>
<td>JoElle</td>
<td>RM 150</td>
</tr>
<tr>
<td>7:00 - 8:00 a.m.</td>
<td>Tabata Series: Lower Body</td>
<td>Ronald</td>
<td>RM 258</td>
</tr>
<tr>
<td>8:00 - 9:00 a.m.</td>
<td>Breaktime Core</td>
<td>Rachael</td>
<td>RM 250</td>
</tr>
<tr>
<td>10:50 - 11:20 a.m.</td>
<td>Breaktime Barre</td>
<td>Rachael</td>
<td>RM 250</td>
</tr>
<tr>
<td>12:00 - 12:30 p.m.</td>
<td>Meet Me On Da Floor</td>
<td>Kelly</td>
<td>Main level gym floor</td>
</tr>
<tr>
<td>12:00 - 12:45 p.m.</td>
<td>Cycle Zone 45</td>
<td>Rachael</td>
<td>RM 15</td>
</tr>
<tr>
<td>12:45 - 1:30 p.m.</td>
<td>Candlelit Yoga</td>
<td>Camilla</td>
<td>RM 250</td>
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<tr>
<td>5:30 - 6:00 p.m.</td>
<td>Functional Fitness: Basic Form &amp; Function</td>
<td>Ronald</td>
<td>RM 258</td>
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</table>

### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Room(s)</th>
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</thead>
<tbody>
<tr>
<td>6:00 - 7:00 a.m.</td>
<td>Boot Camp</td>
<td>Angela</td>
<td>RM 258</td>
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<tr>
<td>6:00 - 6:45 p.m.</td>
<td>Boot Camp Burn</td>
<td>JoElle</td>
<td>RM 15</td>
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<td>7:00 - 7:45 a.m.</td>
<td>Cycle Zone 45</td>
<td>Denise</td>
<td>RM 15</td>
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<td>7:00 - 7:45 a.m.</td>
<td>Cycle Zone 45</td>
<td>JoElle</td>
<td>RM 15</td>
</tr>
<tr>
<td>7:30 - 8:00 a.m.</td>
<td>Zumba Hype!</td>
<td>Tat</td>
<td>RM 258</td>
</tr>
<tr>
<td>7:30 - 8:30 a.m.</td>
<td>Cardio Cravings</td>
<td>Tylar</td>
<td>RM 250</td>
</tr>
<tr>
<td>11:00 a.m. - 12:00 p.m.</td>
<td>Sweat &amp; Slay</td>
<td>Tylar</td>
<td>RM 250</td>
</tr>
<tr>
<td>12:00 - 12:45 p.m.</td>
<td>Core-poral Training</td>
<td>Tylar</td>
<td>RM 258</td>
</tr>
<tr>
<td>12:00 - 12:45 p.m.</td>
<td>Cycle To The Beat</td>
<td>Tat</td>
<td>RM 15</td>
</tr>
<tr>
<td>12:45 - 1:30 p.m.</td>
<td>Booty Blast</td>
<td>Tylar</td>
<td>RM 258</td>
</tr>
<tr>
<td>1:30 - 2:30 p.m.</td>
<td>Stretch &amp; Burn</td>
<td>Tylar</td>
<td>RM 258</td>
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<tr>
<td>5:30 - 6:30 p.m.</td>
<td>Cycle To The Beat</td>
<td>Amy</td>
<td>RM 15</td>
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### SATURDAY

<table>
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<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Room(s)</th>
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<tbody>
<tr>
<td>10:30 - 11:00 a.m.</td>
<td>Pilates</td>
<td>Shelby</td>
<td>RM 258</td>
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<tr>
<td>11:00 - 12:00 a.m.</td>
<td>Slow Down &amp; Stretch</td>
<td>Shelby</td>
<td>RM 250</td>
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<tr>
<td>12:00 - 1:00 p.m.</td>
<td>Cycle Zone 45</td>
<td>Rachael</td>
<td>RM 15</td>
</tr>
<tr>
<td>12:00 - 1:00 p.m.</td>
<td>Zumba Hype!</td>
<td>Anicia</td>
<td>RM 250</td>
</tr>
<tr>
<td>12:00 - 12:30 p.m.</td>
<td>Meet Me On Da Floor</td>
<td>Kelly</td>
<td>Main level gym floor</td>
</tr>
<tr>
<td>5:30 - 6:00 p.m.</td>
<td>Functional Fitness: Basic Form &amp; Function</td>
<td>Ronald</td>
<td>RM 258</td>
</tr>
</tbody>
</table>

**Schedule is subject to change**

Updated 3/14/19