

## MONDAY

### 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.

### Stretch & Burn

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

### Cardio Cravings

with Tylar • Rm 258  
11:00 - 11:45 a.m.

### Core-poral Training

with Tylar • Rm 258  
12:00 - 12:45 p.m.

### Cycle Zone 45

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

### Booty Blast

with Tylar • Rm 258  
12:45 - 1:30 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.

### Cycle Zone 45

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

### HIIT

with Anna • Rm 258  
6:30 - 7:30 p.m.

### Pilates

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

### Core & Restore

with Anna • Rm 150  
7:45 - 8:30 p.m.

### Slow Down & Stretch

with Shelby • Rm 250  
8:00 - 9:00 p.m.

### Kickbox Insanity

with Reno • Rm 258  
8:15 - 9:15 p.m.

**NEW TIMES!**

## 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 15  
12:00 - 12:45 p.m.

### Candlelit Yoga

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

### Tabata Series:

**Total Body**  
with Ronald • Rm 258  
5:30 - 6:00 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.

### Abs & Stretch

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

### Mindful Meditation

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

### Hip Hop Dance Party

with JoElla • Rm 258  
7:00 - 7:45 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.

**NEW CLASS  
FORMAT!**

## WEDNESDAY

### Cycle Zone

with Angela • Rm 15  
6:00 - 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.

### Slow Down & Stretch

with Shelby • Rm 250  
7:30 - 8:30 a.m.

### Core-poral Training

with Tylar • Rm 250  
10:00 - 10:45 a.m.

### Booty Blast

with Tylar • Rm 250  
10:45 - 11:30 a.m.

### Sweat & Slay

with Tylar • Rm 250  
11:30 a.m. - 12:30 p.m.

### Cycle Zone 45

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

### Stretch & Burn

with Tylar • Rm 250  
12:30 - 1:30 p.m.

### Candlelit Yoga

with Camila • Rm 250  
5:00 p.m. - 6:00 p.m.

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 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.

### Strengthening Slow Flow Yoga

with Annette • Rm 250  
7:45 - 8:30 p.m.

### Core & Restore

with Anna • Rm 150  
7:45 - 8:30 p.m.

### Krazed Kickboxing & Abs

with Reno • Rm 258  
8:15 - 9:15 p.m.

*Continued on backside...*



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

*Schedule is subject to change  
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](mailto:Carole.Gist@wayne.edu) with class suggestions and ideas.

## THURSDAY

### HIIT

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

### Yoga Fusion

with Annette • Rm 250  
6:30 - 7:30 a.m.

### Power Pilates

with JoElla • Rm 150  
7:00 - 8:00 a.m.

### Tabata Series:

#### Lower Body

with Ronald • Rm 258  
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 Rachael • Rm 15  
12:00 - 12:45 p.m.

### Candlelit Yoga

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

### Functional Fitness:

#### Basic Form & Function

with Ronald • Rm 258  
5:30 - 6:00 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.

### Cycle Zone 45

with Denise • Rm 15  
6:45 - 7:25 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.

**NEW CLASS  
FORMAT!**

## 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.

### STRONG by Zumba®

with Nicole • Rm 258  
7:30 - 8:30 a.m.

### Relax and Stretch

with JoElla • Rm 250  
7:30 - 8:00 a.m.

### Cardio Cravings

with Tylar • Rm 250  
10:00 - 10:45 a.m.

### Sweat & Slay

with Tylar • Rm 250  
11:00 a.m. - 12:00 p.m.

### Core-poral Training

with Tylar • Rm 258  
12:00 - 12:45 p.m.

### Cycle To The Beat

with Tat • Rm 15  
12:00 - 12:45 p.m.

### Booty Blast

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

### Stretch & Burn

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

### Cycle To The Beat

with Amy • Rm 15  
5:30 - 6:30 p.m.

## SATURDAY

### Breaktime Barre

with Rachael • Rm 250  
10:30 - 11:00 a.m.

### Pilates

with Shelby • Rm 258  
10:30 - 11:00 a.m.

### Slow Down & Stretch

with Shelby • Rm 250  
11:00 - 12:00 a.m.

### Cycle Zone 45

with Rachael • Rm 15  
11:00 a.m. - 11:45 p.m.

### Functional Fitness:

#### Musical Fitness

with Ronald • Rm 258  
11:00 a.m. - 12:00 p.m.

### Zumba Hype!

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

### Tabata Series:

#### Core & Cardio

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

**NEW CLASS!  
NEW TIME!**

**Winter  
2019  
Fitness  
Schedule**  
Classes will begin  
January 14  
and will end  
April 27, 2019



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