

Group Exercise

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.		SUNRISE CYCLE Kimi (CS) 6:15–7:15 a.m.		SUNRISE CYCLE Kimi (CS) 6:15–7:15 a.m.		SUNRISE CYCLE Elisabeth (CS) 6:15–7:15 a.m.	
9 a.m.		FITNESS YOGA Sarah (DS) 9–10 a.m.	CYCLE 60 Keely (CS) 9–10 a.m.	VINYASA FLOW Kristie (DS) 9–10 a.m.	CYCLE 60 Keely (CS) 9–10 a.m.	FITNESS YOGA Sarah (DS) 9–10 a.m.	
10 a.m.	STEP 1 Portia (GX) 10–11 a.m.					ABS EXPRESS Marissa (GX) 9:30–9:45 a.m.	
11 a.m.	CYCLE 45 Jessica (CS) 11–11:45 a.m.					CYCLE 60 Marissa (CS) 10–11 a.m.	CYCLE 60 Kimi (CS) 10–11 a.m.
12 p.m.	CYCLE 60 Keely (CS) 12–1 p.m.	CYCLE 45 Jessica (CS) 12:15–1 p.m.	CYCLE EXTREME Caroline (CS) 12–1 p.m.	HEAT Megan B. (GX) 12–1 p.m.	CYCLE EXTREME Caroline (CS) 12–1 p.m.	BOOTCAMP Leslie (CS) 12–1 p.m.	CYCLE EXTREME Caroline (CS) 12–1 p.m.
2 p.m.	TOTAL BODY TONING Jessica (GX) 12–1 p.m.			CYCLE 45 Trisha (CS) 12:15–1 p.m.		CYCLE 45 Caroline (CS) 12:15–1 p.m.	TOTAL BODY TONING Kendall (GX) 12–1 p.m.
4 p.m.	BODY CONDITIONING Caitlin (GX) 2–3 p.m.						
5 p.m.		CYCLE 45 Trisha (CS) 4–4:45 p.m.	TURBOKICK Elisabeth (DS) 4–4:50 p.m.	CYCLE 45 Jessica (CS) 4–4:45 p.m.	CARDIO KBX Lindsey (DS) 4–4:50 p.m.	CYCLE 45 Alex (CS) 4–4:45 p.m.	
		CORE CONDITIONING Caroline (GX) 4:30–5 p.m.		BUTTS 'N' GUTS Caitlin (GX) 4:30–5 p.m.	BUTTS 'N' GUTS Leslie (GX) 4:30–5 p.m.	STEP I Portia (GX) 4–5 p.m.	
	CYCLE 45 Leslie (CS) 5–5:45 p.m.	HEART RATE MONITOR ORIENTATION Jennifer (CS) 5–5:15 p.m.	PUMP 'N' SCULPT Jennifer (DS) 5–6 p.m.	HEART RATE MONITOR ORIENTATION Marissa (CS) 5–5:15 p.m.	PUMP 'N' SCULPT Jennifer (DS) 5–6 p.m.	ABS EXPRESS Jennifer (GX) 5–5:15 p.m.	
		STEP II/III Elisabeth (DS) 5:05–6:05 p.m.	CYCLE 60 Kimi (CS) 5:15–6:15 p.m.	BOSU BODY Caitlin (GX) 5:10–6:10 p.m.	STEP 'N' SCULPT Leslie (GX) 5:10–6:10 p.m.	CYCLE 60 Jennifer (CS) 5:15–6:15 p.m.	
		PUMP IT UP Caroline (GX) 5:10–6:10 p.m.		CYCLE HEART RATE Marissa (CS) 5:15–6:15 p.m.	CYCLE 60 Marissa (CS) 5:15–6:15 p.m.		
		CYCLE HEART RATE Jennifer (CS) 5:15–6:15 p.m.				JUMP 'N' PUMP Amy (GX) 5:30–6 p.m.	
6 p.m.	CYCLE 30 Kimi (CS) 6–6:30 p.m.	ABS EXPRESS Marissa (DS) 6:10–6:25 p.m.	YOGA ROCK Natalie (GX) 6:10–7:10 p.m.	ABS EXPRESS Alex (DS) 6:10–6:25 p.m.	ABS EXPRESS Jennifer (DS) 6:10–6:25 p.m.		
	BUTTS 'N' GUTS Kimi (GX) 6:45–7:15 p.m.	ZUMBA Karen (GX) 6:15–7:15 p.m.	CYCLE 45 Jennifer (CS) 6:30–7:15 p.m.	BOOTCAMP Ali (GX) 6:15–7:15 p.m.	PUMP IT UP Caroline (DS) 6:15–7:15 p.m.		
		CYCLE 45 Marissa (CS) 6:30–7:15 p.m.		ROCK OUT WORKOUT Alex (CS) 6:30–7:30 p.m.	CYCLE 60 Jennifer (CS) 6:30–7:30 p.m.		
		PUMP 'N' SCULPT Kendall (DS) 6:30–7:30 p.m.					
7 p.m.	WEEKEND WARRIOR YOGA Kristie (GX) 7:30–9 p.m.	CYCLE 60 Keely (CS) 7:30–8:30 p.m.	ZUMBA Karen (GX) 7:15–8:15 p.m.	GLIDE-IATOR Kendall (GX) 7:30–8:30 p.m.	VINYASA FLOW Kristie (GX) 7:30–8:30 p.m.		
		VINYASA FLOW Kristie (GX) 7:30–8:30 p.m.	CYCLE BEATS Marissa (CS) 7:30–8:30 p.m.	MAT PILATES Lissie (DS) 7:30–8:30 p.m.	CYCLE 45 Trisha (CS) 7:45–8:30 p.m.		
				CYCLE 45 Keely (CS) 7:45–8:30 p.m.			
8 p.m.		CARDIO KBX Lindsey (GX) 8:30–9:30 p.m.	CYCLE 45 Marissa (CS) 8:45–9:30 p.m.	CARDIO KBX Lindsey (GX) 8:30–9:30 p.m.			
9 p.m.		VINYASA YOGA II Natalie (GX) 9:30–10:30 p.m.	PILATES TONE Lissie (GX) 9–10 p.m.	VINYASA YOGA II Natalie (GX) 9:30–10:30 p.m.	PILATES TONE Lissie (GX) 9–10 p.m.		



NOTE: Classes and times are subject to changes or cancellation

LOCATION KEY: Group Exercise Studio - (GX) Dance Studio - (DS) Cycling Studio - (C)

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Black = Requires Group Fitness Basic or Intensive Pass
Blue = Requires Group Fitness Intensive Pass
Purple = Requires Group Fitness Intensive Pass, open to Faculty/Staff only