### Summer 2017 (May 15 - Aug 4) Free Group Fitness Class Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 a.m.</td>
<td>6:30 a.m.</td>
<td>12 p.m.</td>
<td>6:30 a.m.</td>
<td>7:30 a.m.</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>PiYo® LIVE REC 022B</td>
<td>Yoga Sculpt (45) REC 022B</td>
<td>Yoga Sculpt (45) REC 022B</td>
<td>Vinyasa Yoga WELL 1202</td>
<td>Strictly Strength REC 022B</td>
<td>Group Cycle (45) REC 021C</td>
</tr>
<tr>
<td>(Desiree B)</td>
<td>(A’Naja)</td>
<td>(A’Naja)</td>
<td>(Greg)</td>
<td>(Bryan)</td>
<td>(Natalie)</td>
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<tr>
<td>12 p.m.</td>
<td>5:30 p.m.</td>
<td>12 p.m.</td>
<td>6:30 a.m.</td>
<td>12 p.m.</td>
<td>12 p.m.</td>
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<tr>
<td>Interval Training (30)</td>
<td>Group Cycle (45) REC 021C</td>
<td>Group Cycle (45) REC 021C</td>
<td>Group Cycle (45) REC 021C</td>
<td>Vinyasa Yoga REC 022B</td>
<td>Vinyasa Yoga (45) WELL 1202</td>
</tr>
<tr>
<td>REC 022B (Erika)</td>
<td>REC 021C (Natalie)</td>
<td>REC 021C (Natalie)</td>
<td>WELL 1202 (Natalie)</td>
<td>WELL 1202 (Desiree B)</td>
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<tr>
<td>12 p.m.</td>
<td>5:30 p.m.</td>
<td>12 p.m.</td>
<td>12 p.m.</td>
<td>12 p.m.</td>
<td>12 p.m.</td>
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<tr>
<td>Zumba® (45) WELL 1202</td>
<td>Group Cycle Conditioning (45) WELL 1202</td>
<td>Vinyasa Yoga REC 033 WELL 1202</td>
<td>Vinyasa Yoga WELL 1202 (Greg)</td>
<td>Total Body Conditioning (45) WELL 1202</td>
<td>Total Body Conditioning (45) WELL 1202</td>
</tr>
<tr>
<td>(Jennifer)</td>
<td>(Greg)</td>
<td>(Greg)</td>
<td>(Greg)</td>
<td>(Challon)</td>
<td>(Challon)</td>
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<tr>
<td>12:30 p.m.</td>
<td>6:45 p.m.</td>
<td>6:45 p.m.</td>
<td>5:30 p.m.</td>
<td>12:15 p.m.</td>
<td>12:15 p.m.</td>
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<tr>
<td>Core (30) REC 022B</td>
<td>Total Body Conditioning (45) WELL 1202</td>
<td>Total Body Conditioning (45) WELL 1202</td>
<td>Zumba® REC 022B WELL 1202</td>
<td>Group Cycle (45) REC 021C</td>
<td>Group Cycle (45) REC 021C</td>
</tr>
<tr>
<td>(Erika)</td>
<td>(Bryan)</td>
<td>(Bryan)</td>
<td>(Melanie M)</td>
<td>(Renee)</td>
<td>(Renee)</td>
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<tr>
<td>5:15 p.m.</td>
<td>5:30 p.m.</td>
<td>5:45 p.m.</td>
<td>5:30 p.m.</td>
<td>5:30 p.m.</td>
<td>5:30 p.m.</td>
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<tr>
<td>Cardio Dance REC 022B</td>
<td>Turbo Kick® LIVE REC 022B</td>
<td>Group Cycle REC 021C</td>
<td>Cardiac Conditioning REC 022B</td>
<td>TRX REC033 (Rotation)</td>
<td>TRX REC033 (Rotation)</td>
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<tr>
<td>(Abby)</td>
<td>(Dominique)</td>
<td>(Megan)</td>
<td>(Abby)</td>
<td>(Rotation)</td>
<td>(Rotation)</td>
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<td>5:30 p.m.</td>
<td>6:45 p.m.</td>
<td>6:45 p.m.</td>
<td>6:45 p.m.</td>
<td>7 p.m.</td>
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<tr>
<td>Group Cycle REC 021C</td>
<td>Group Cycle REC 021C</td>
<td>Group Cycle REC 021C</td>
<td>Vinyasa + Yin Yoga REC 022B</td>
<td>Group Cycle (Desiree R)</td>
<td>Group Cycle (Desiree R)</td>
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<tr>
<td>(Rotation)</td>
<td>(Rotation)</td>
<td>(Rotation)</td>
<td>(Challon)</td>
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<td>5:30 p.m.</td>
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<tr>
<td>Vinyasa Yoga WELL 1202</td>
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<td>(Challon)</td>
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<td>6:30 p.m.</td>
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<td>Vinyasa Yoga REC 022B</td>
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<tr>
<td>(Greg)</td>
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**NOTE:** Classes denoted with “WELL 1202” are held at the WELL Fitness Center in the USF Health WELL.

**Schedule Adjustments:**

**KEY**
- Cardio: ⚽
- Cycling: 🚴
- Dance: 🎨
- Strength: 💪
- Cardio/Strength: ⚽💪
- Mind/Body: 🌿

All classes/instructors are subject to change. Schedule subject to change on university holidays.
All classes are 1 hour in duration unless otherwise noted. Registration opens 25 hours prior to the start of the class. Visit usf.edu/campusrec for class descriptions and more information.