

Group Fitness Schedule

Fall 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------------|---------------------------------|---------------------------------|---|--------------------|------------------------------|--------------------------|
| 6:30am | Vinyasa Yoga Danielle | Cycle Gabi | Meditate & Stretch Darian | Cycle Cassidy | Cycle Sayona | | |
| 7:30am | Cycle Cassidy | Vinyasa Yoga Danielle | HIIT & Core Simone | Gentle Yoga Annika R | Pilates Haylee | | |
| 12:00pm | Cycle Fadia | Cycle Annika L | Cycle Fadia | Cycle Alexis | Cycle Alexis | Cycle Fadia | |
| 12:00pm | Vinyasa Yoga Annika R | HIIT & Core Uyen | Gentle Yoga Isabella | Pilates Haylee | Bootcamp Simone | | |
| 12:00pm | Total Body Conditioning Alexis | BARRE Janet | ZUMBA Michelle | BARRE Janet | TRX Hunter | Meditate & Stretch Darian | ZUMBA (12:15p) Jordan |
| 5:00pm | BARRE Hannah | Power Yoga Isabella | Cardio Dance Hannah | Boxing Uyen | Boxing Serena | | |
| 5:30pm | | Boxing Alexis | Total Body Conditioning Gabi | HIIT & Core Lucie | | | Boxing Serena |
| 5:30pm | HIIT & Core Lucie | Gentle Yoga Janet | Bootcamp Lucie | Power Yoga Annika R | | | |
| 6:00pm | Power Yoga Haley | Cardio Dance Emma | Cycle Cassidy | ZUMBA (5:45p) Michelle | | | |
| 6:00pm | Boxing Alexis | Total Body Conditioning Gabi | BARRE Emma | Bootcamp Jordan | | | BARRE Hannah |
| 6:30pm | TRX Hunter | Cycle Isabella | Boxing Hunter | TRX Gabi | | | |
| 7:00pm | Cycle Janet | TRX Uyen | Cycle Annika L | Boxing Fadia | | | |
| 7:00pm | Bootcamp Gabi | Boxing Alexis | Vinyasa Yoga Haley | Vinyasa Yoga Danielle | | | |
| 7:30pm | ZUMBA Jordan | Meditate & Stretch Darian | TRX Uyen | Cycle Concert Series Various Instructors | | | |

All classes are 45 minutes unless otherwise noted.
All classes and instructors are subject to change.
Late entry is not permitted.

Failure to arrive on time or cancel in advance may result in a \$5 no show fee.

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| REC 22B | REC 011 |
| REC 107 | CYCLE STUDIO |
| REC 033 | THE WELL |

