

GROUP FITNESS

SPRING 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY



8:00am-8:50am
Polly
Total-Body Tabata



8:00am-8:50am
Colette
Barre



8:00am-8:40am
Kathleen
Fit in 40



8:00am-8:50am
Emily H.
Ashtanga Yoga



8:00am-8:50am
Mary Beth
P90X Live



6:00pm-6:50pm
Lauren
Turbo Kick | CIWO



12:30pm-1:20pm
Tyler
Spinning & Strength



12:30pm-1:20pm
Ellen
Barre



12:30pm-1:20pm
Tyler
Spinning & Strength



12:30pm-1:20pm
Noelle
Barre



12:30pm-1:00pm
Rachel
Express Core



7:00pm-7:50pm
Aaron
Power Bar



4:20pm-4:50pm
Emily P.
Half Hour Power



4:00pm-4:50pm
Mary Beth
P90X Live



4:20pm-4:50pm
Emily P.
Half Hour Power



4:00pm-4:50pm
Mary Beth
P90X Live



2:00pm-2:50pm
Tyler
Spinning & Strength



8:00pm-8:50pm
Nina
Yoga Elements



5:05pm-5:50pm
Colette
Barre



4:30pm-5:20pm
Aaron & Noelle
Bootcamp



5:05pm-5:50pm
Colette
Barre



4:30pm-5:20pm
Aaron & Noelle
Bootcamp



3:00pm-3:50pm
Emily P.
Power Bar



6:00pm-6:30pm
Danielle
Express Piloxing



5:00pm-5:50pm
Danielle
Piloxing



6:00pm-6:30pm
Emily P.
Express Cardio/Strength



5:00pm-5:50pm
Danielle
Piloxing | CIWO



4:00pm-4:50pm
Emily H.
Ashtanga Yoga



6:00pm-6:50pm
Alyssa
Spinning + Core | CIWO



6:00pm-6:30pm
Kathleen
Total Body Express



6:00pm-6:50pm
Alyssa
Spinning + Core



6:00pm-6:30pm
Kathleen
Total Body Express

STUDIO B

MAC GYM

STUDIO A



TOTAL BODY



MIND AND BODY



CYCLING



STRENGTH/CORE



DANCE



CIWO CULTURALLY INCLUSIVE WOMEN'S ONLY



8:00pm-8:50pm
Rachel
Zumba Strength



7:30pm-8:20pm
Lauren
Spinning & Strength



8:00pm-8:50pm
Lauren
FaithFIT



7:30pm-8:20pm
Lauren
Spinning & Strength

VALID JANUARY 25TH THROUGH APRIL 29TH



8:00pm-8:50pm
Megs
Ashtanga Yoga



8:00pm-8:50pm
Megan
Zumba



8:00pm-8:50pm
Megs
Ashtanga Yoga

UNIVERSITY of
DAYTON
Campus Recreation