





GROUP FITNESS

SPRING 2017

VALID JANUARY 22 THROUGH APRIL 28

GROUP FITNESS PASSES ARE AVAILABLE FOR PURCHASE AT THE REC PLEX WELCOME DESK!

-  STRENGTH EXERCISE
-  CARDIOVASCULAR EXERCISE
-  FLEXIBILITY EXERCISE
-  CULTURALLY INCLUSIVE WOMEN'S ONLY

MONDAY

BODY BLAST
8:00-8:50 AM
GINA
STUDIO A

BARRE
10:10-11:00 AM
MADELYN
STUDIO B

POWER BAR
12:30-1:20 PM
EMILY
STUDIO A

ZUMBA®
4:00-4:50 PM
JULIANNA
STUDIO A

TABATA
5:10-5:50 PM
MARIE
STUDIO A

PiYo LIVE®
6:00-6:50 PM
MARY BETH
STUDIO A

YOGA ELEMENTS
6:00-6:50 PM
NINA
STUDIO B

SPINNING® & STRENGTH
7:00-7:50 PM
TYLER
STUDIO A

DANZA HIP HOP | CIWO
8:00-8:50 PM
MEGAN
STUDIO A

TUESDAY

SPINNING® & STRENGTH
8:00-8:50 AM
ALIVIA
STUDIO A

FIT IN 50
9:05-9:55 AM
KATHLEEN
STUDIO A

BAPTISTE YOGA
12:30-1:20 PM
HANNA
STUDIO A

SPINNING®
5:10-5:50 PM
MARIE
STUDIO A

P90X LIVE®
6:00-6:50 PM
MARY BETH
STUDIO A

CARDIO DANCE
6:00-6:50 PM
VICTORIA
STUDIO B

ZUMBA®
7:00-7:50 PM
RACHEL
STUDIO A

BARRE
7:00-7:50 PM
ELLEN
STUDIO B

DEEP STRETCH YOGA
8:00-8:50 PM
KATE
STUDIO B

WEDNESDAY

BODY BLAST
8:00-8:50 AM
GINA
STUDIO A

BARRE
10:10-11:00 AM
MADELYN
STUDIO B

ABS & DEEP STRETCH
12:30-1:20 PM
RACHEL
STUDIO A

YOGA SCULPT
4:00-4:50 PM
NINA
STUDIO B

TABATA
5:10-5:50 PM
MARIE
STUDIO A

BOOTCAMP
6:00-6:50 PM
KATHLEEN
STUDIO A

SPINNING® & STRENGTH
7:00-7:50 PM
TYLER
STUDIO A

DANZA HIP HOP
8:00-8:50 PM
MEGAN
STUDIO A

THURSDAY

SPINNING® & STRENGTH
8:00-8:50 AM
ALIVIA
STUDIO A

FIT IN 50
9:05-9:55 AM
KATHLEEN
STUDIO A

BAPTISTE YOGA
12:30-1:20 PM
HANNA
STUDIO A

POWER BAR | CIWO
4:00-4:50 PM
RACHEL
STUDIO A

ABS EXPRESS
5:00-5:30 PM
RACHEL
STUDIO A

P90X LIVE®
6:00-6:50 PM
MARY BETH
STUDIO A

CARDIO DANCE
6:00-6:50 PM
VICTORIA
STUDIO B

YOGA SPIN
7:00-7:50 PM
KATE & MARIE
STUDIO A

BARRE
7:00-7:50 PM
ELLEN
STUDIO B

POWER BAR
8:00-8:50 PM
EMILY
STUDIO A

FRIDAY

SPINNING®
8:00-8:50 AM
TYLER
STUDIO A

YOGA ELEMENTS
12:30-1:20 PM
NINA
STUDIO B

ABS & DEEP STRETCH
1:30-2:20 PM
MEGAN
STUDIO B

ZUMBA®
2:30-3:20 PM
JULIANNA
STUDIO B

SATURDAY

FREE ROTATION
10:30-11:20 AM
STUDIO A
SEE WEB FOR DETAILS

SUNDAY

ASHTANGA YOGA
5:00-5:50 PM
KATE
STUDIO B

SPINNING®
6:00-6:50 PM
TYLER
STUDIO A

TABATA | CIWO
7:00-7:50 PM
MARIE
STUDIO A