

# GROUP FITNESS FALL 2017

Arrive to class early to ensure your spot. Pass needed to participate. Available for purchase at the RecPlex Welcome Desk. Visit [go.udayton.edu](http://go.udayton.edu) for pass prices and details!



## MONDAY

- 8:00am–8:50am  
Hannah B.  
**BODY BLAST**
- 9:15am–9:45am  
Gina  
**CORE GALORE**
- 10:00am–10:50am  
Gina  
**BODY BLAST**
- 12:30pm–1:20pm  
Tessa  
**SPINNING® & STRENGTH**
- 4:00pm–4:50pm  
Jaclyn  
**BODY BLAST**
- 5:00pm–5:50pm  
Alivia  
**SPINNING® & STRENGTH**
- 6:00pm–6:50pm  
Sophia  
**ZUMBA®**
- 6:00pm–6:50pm  
Ellen  
**BARRE BOOTCAMP**
- 7:00pm–7:50pm  
Hanna O.  
**POWER YOGA | CIWO**
- 7:00pm–7:50pm  
Megan  
**HIP HOP**
- 8:00pm–8:30pm  
Megan  
**CORE GALORE**

## TUESDAY

- 8:00am–8:50am  
Kayla  
**SPINNING®**
- 9:00am–9:50am  
Jen  
**BODY BLAST**
- 12:30pm–1:20pm  
Lizzie  
**BARRE**
- 4:00pm–4:50pm  
Hannah B.  
**BARRE BOOTCAMP**
- 5:00pm–5:50pm  
Kayla  
**SPINNING®**
- 6:00pm–6:50pm  
Audrey  
**P90X® LIVE**
- 6:00pm–6:50pm  
Hanna O.  
**POWER YOGA**
- 7:00pm–7:50pm  
Ellen  
**BARRE**
- YOUR COMMUNITY'S CLASS**  
7:00pm–7:50pm  
*To schedule contact  
udcgroupfitness@gmail.com*
- 7:00pm–7:50pm  
Sarah & Joe  
**YOGA ROCKS**
- 8:00pm–8:50pm  
Megan  
**HIP HOP**

## WEDNESDAY

- 8:00am–8:50am  
Jaclyn  
**BODY BLAST**
- 9:15am–9:45am  
Gina  
**CORE GALORE**
- 10:00am–10:50am  
Gina  
**BODY BLAST**
- 12:30pm–1:20pm  
Hannah B.  
**BARRE BOOTCAMP**
- 4:00pm–4:50pm  
Audrey  
**P90X® LIVE**
- 5:00pm–5:50pm  
Hanna O.  
**POWER YOGA**
- 6:00pm–6:50pm  
Tessa  
**SPINNING® & STRENGTH**
- 6:00pm–6:50pm  
Sophie  
**CARDIYOGA**
- 7:00pm–7:50pm  
Christy  
**JUMPROPE/  
KICKBOXING**
- 7:00pm–7:50pm  
Megan  
**HIP HOP**
- 8:00pm–8:30pm  
Megan  
**CORE GALORE**
- 8:00pm–8:50pm  
Sophia  
**ZUMBA®**

## THURSDAY

- 8:00am–8:50am  
Kayla  
**SPINNING®**
- 9:00am–9:50am  
Jen  
**BODY BLAST**
- 12:30pm–1:20pm  
Sarah  
**YOGA**
- 4:00pm–4:50pm  
Ellen  
**BARRE BOOTCAMP**
- 5:00pm–5:50pm  
Sophie  
**CARDIYOGA**
- 6:00pm–6:50pm  
Audrey  
**P90X LIVE®**
- 6:00pm–6:50pm  
Lizzie  
**BARRE**
- 7:00pm–7:50pm  
Meg  
**TABATA | CIWO**
- 7:00pm–7:50pm  
Sarah & Joe  
**YOGA ROCKS**

## FRIDAY

- 10:00am–10:50am  
Lizzie  
**BARRE**
- 12:30pm–1:20pm  
Megan  
**CORE GALORE**
- 3:00pm–3:50pm  
Alivia  
**SPINNING® | CIWO**
- 4:00pm–4:50pm  
Meg  
**TABATA**

## SATURDAY

- See web for details  
10:30am–11:20am  
**FREE ROTATION**

## SUNDAY

- 5:00pm–5:50pm  
Jaclyn  
**BODY BLAST**
- 6:00pm–6:50pm  
Hannah B.  
**BARRE BOOTCAMP**
- 7:00pm–7:50pm  
Christy  
**JUMPROPE/  
KICKBOXING**

**HEARTFULNESS MEDITATION**  
Wednesdays | 8:00pm–8:30pm  
*FREE — Open to all in the RecPlex Meeting Rooms*

**STUDIO A**      **STUDIO B**      **STUDIO C**

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

**VALID AUGUST 29<sup>TH</sup> THROUGH DECEMBER 7<sup>TH</sup>**