

GROUP FITNESS SPRING 2018

STUDIO A

STUDIO B

CIWO CULTURALLY INCLUSIVE WOMEN'S ONLY

VALID JANUARY 23 – APRIL 26

MONDAY

7:00am–7:50am
Jaclyn
BODY BLAST

8:00am–8:50am
Christy
JUMPBOXING

12:30pm–1:20pm
Gina
BODY BLAST

4:00pm–4:50pm
Sophie
CARDIYOGA

4:00pm–4:50pm
Sarah
VINYASA YOGA

5:00pm–5:50pm
Tessa
SPINNING® & STRENGTH

CIWO 6:00pm–6:50pm
Sophia
ZUMBA®

6:00pm–6:50pm
Ellen
BARRE BOOTCAMP

YOUR COMMUNITY'S CLASS
7:00pm–7:50pm
To schedule contact
udcrgroupfitness@gmail.com

TUESDAY

7:00am–7:50am
Nina
INNER PEACE YOGA

8:00am–8:50am
Meg
TABATA

12:30pm–1:20pm
Megan
CORE GALORE

CIWO 3:00pm–3:50pm
Lizzie
JUMPBOXING

4:00pm–4:30pm
Gina
CORE GALORE

4:00pm–4:50pm
Hannah
BARRE BOOTCAMP

5:00pm–5:50pm
Dana
PILATES

6:00pm–6:50pm
Audrey
P90X® LIVE

6:00pm–6:50pm
Danielle
VINYASA YOGA

7:00pm–7:50pm
Jaclyn
BODY BLAST

7:00pm–7:50pm
Sarah
VINYASA YOGA

WEDNESDAY

7:00am–7:50am
Sophie
CARDIYOGA

8:00am–8:50am
Maddie
BARRE

12:30pm–1:20pm
Lizzie
BARRE

CIWO 4:00pm–4:50pm
Meg
TABATA

4:00pm–4:50pm
Dana
PILATES

5:00pm–5:50pm
Christy
JUMPBOXING

6:00pm–6:50pm
Tessa
SPINNING® & STRENGTH

6:00pm–6:50pm
Ellen
BARRE BOOTCAMP

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7:00pm–7:50pm
Megan
HIP HOP

THURSDAY

7:00am–7:50am
Dana
PILATES

8:00am–8:50am
Nina
INNER PEACE YOGA

12:30pm–1:20pm
Jen
TABATA

3:00pm–3:50pm
Lizzie
JUMPBOXING

CIWO 4:00pm–4:30pm
Megan
CORE GALORE

4:00pm–4:50pm
Hannah
BARRE BOOTCAMP

5:00pm–5:50pm
Danielle
VINYASA YOGA

6:00pm–6:50pm
Audrey
P90X®LIVE

6:00pm–6:50pm
Sophia
ZUMBA®

7:00pm–7:50pm
Jaclyn
BODY BLAST

7:00pm–7:50pm
Sarah
VINYASA YOGA

FRIDAY

12:30pm–1:20pm
Tessa
SPINNING® & STRENGTH

3:00pm–3:50pm
Audrey
P90X® LIVE

4:00pm–4:50pm
Jaclyn
BODY BLAST

5:00pm–5:50pm
Nina
YOGA MIX

5:00pm–6:30pm
Jan 26, Feb 2, Mar 9, and Apr 20
YOGA ROCKS

SATURDAY

10:30am–11:20am
FREE ROTATING CLASS
See website for details

SUNDAY

CIWO 5:00pm–5:50pm
Jaclyn
BODY BLAST

6:00pm–6:50pm
Maddie
BARRE

Arrive to class early to ensure your spot. A Group Fitness pass is required to participate and are available for purchase at the RecPlex Welcome Desk. Visit go.dayton.edu for pass prices and details!

