

GROUP FITNESS

FALL 2018 • VALID AUGUST 28 – DECEMBER 6

STUDIO A

STUDIO B

ALL ACCESS PASS: \$50

10-CLASS PASS: \$25

PASSES ON SALE BEGINNING AUGUST 17

MONDAY

7:00am–7:50am
Jaclyn
BODY BLAST

8:00am–8:50am
Megan
CORE GALORE

12:30pm–1:20pm
Ellen
PILOXING®

4:00pm–4:50pm
Jen & Emily
BODY BLAST

5:00pm–5:50pm
Sarah
POWER YOGA

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

6:00pm–6:50pm
COMMUNITY CLASS
To schedule contact
udgroupfitness@gmail.com

7:00pm–7:50pm
Megan
HIP HOP

7:00pm–7:50pm
Ellen
BARRE BOOTCAMP

TUESDAY

7:00am–7:50am
Nina
MEDITATIVE YOGA

8:00am–8:50am
Megan Th.
BODY BLAST

12:30pm–1:20pm
Danielle
VINYASA FLOW YOGA

4:00pm–4:50pm
Sarah
POWER YOGA

4:00pm–4:50pm
Dana
PILOXING®

5:20pm–5:50pm
Gina
CORE GALORE

6:00pm–6:50pm
Kayla
SPINNING®

6:00pm–6:50pm
Catherine
POWER YOGA

7:00pm–7:50pm
Jaclyn
BODY BLAST

WEDNESDAY

7:00am–7:50am
Hannah
BARRE BOOTCAMP

8:00am–8:50am
Megan Th.
SPINNING® & STRENGTH

12:30pm–1:20pm
Lizzie
BARRE

4:00pm–4:50pm
Jen & Emily
BODY BLAST

5:00pm–5:50pm
Dana
PILATES

6:00pm–6:50pm
Christy
FAITH & FITNESS
*This is a FREE class for
Campus Recreation
members, or non-members
may purchase an \$8 Guest
Pass to participate.*

6:00pm–6:50pm
Jaclyn
BODY BLAST

7:00pm–7:50pm
COMMUNITY CLASS
To schedule contact
udgroupfitness@gmail.com

7:00pm–7:50pm
Ellen & Sophia
TRIBAL PILATES

THURSDAY

7:00am–7:50am
Nina
MEDITATIVE YOGA

8:00am–8:50am
Jaclyn
BODY BLAST

12:30pm–1:20pm
Ellen
BARRE BOOTCAMP

4:00pm–4:50pm
Sarah
CORE GALORE

4:00pm–4:50pm
Dana
PILOXING®

5:00pm–5:50pm
Gina & Emily
BODY BLAST

6:00pm–6:50pm
Kayla
SPINNING®

6:00pm–6:50pm
Catherine
POWER YOGA

7:00pm–7:50pm
Danielle
VINYASA FLOW YOGA

FRIDAY

12:30pm–1:20pm
Jaclyn
BODY BLAST

4:00pm–4:50pm
Kayla
SPINNING®

4:00pm–4:50pm
Sarah
POWER YOGA

5:00pm–5:50pm
Dana
PILATES

SATURDAY

10:30am–11:20am
**FREE • SATURDAY
ROTATION**
See web for details.

SUNDAY

5:00pm–5:50pm
Catherine
VINYASA FLOW YOGA

6:00pm–6:50pm
Megan Th.
BODY BLAST

7:00pm–7:50pm
Tessa
SPINNING® & STRENGTH

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.udayton.edu/campusrec for more Group Fitness details!

