

# FINALS

# GROUP FITNESS

MAY 4-10

# 2019

STUDIO A

STUDIO B

STUDIO A GLOW

FINALS WEEK GROUP FITNESS CLASSES ARE FREE. CLASS DESCRIPTIONS CAN BE FOUND AT [GO.UDAYTON.EDU/CAMPUSREC](http://GO.UDAYTON.EDU/CAMPUSREC).

CONTACT [UDGROUPFITNESS@UDAYTON.EDU](mailto:UDGROUPFITNESS@UDAYTON.EDU) WITH ADDITIONAL QUESTIONS.

## SATURDAY, MAY 4

10:30AM-11:20AM  
Danielle  
**VINYASA YOGA**

12:30PM-1:20PM  
Kathryn  
**BARRE**

4:00PM-4:50PM  
Kayla  
**SPINNING®**

5:00PM-5:50PM  
Jaclyn  
**BODY BLAST**

## SUNDAY, MAY 5

4:00PM-4:50PM  
Ciara  
**BODY BLAST**

5:00PM-5:50PM  
Danielle  
**VINYASA YOGA**

6:00PM-6:50PM  
Tessa  
**SPINNING® & STRENGTH**

11:55PM-12:45AM  
Megan  
**HIP HOP**

## MONDAY, MAY 6

8:00AM-8:50AM  
Sarah  
**POWER YOGA**

10:00AM-10:50AM  
Ellen  
**BARRE**

12:30PM-1:20PM  
Catherine  
**TRAP YOGA**

3:00PM-3:50PM  
Sophia  
**PILATES**

4:00PM-4:50PM  
Kayla  
**SPINNING®**

5:00PM-5:50PM  
Megan Th.  
**POWER BAR**

6:00PM-6:50PM  
Gina  
**BODY BLAST**

6:00PM-6:50PM  
Nina  
**MEDITATIVE YOGA**

7:00PM-7:50PM  
Kara  
**SPINNING®**

11:55PM-12:45AM  
Kayla & Audrey  
**SPINNING® & STRENGTH**

## TUESDAY, MAY 7

8:00AM-8:50AM  
Nina  
**MEDITATIVE YOGA**

10:00AM-10:50AM  
Christy  
**JUMP BOXING**

12:30PM-1:20PM  
Ellen & Gina  
**BANDS & CORE**

4:00PM-4:50PM  
Sophia  
**PILATES**

5:00PM-5:50PM  
Ellen  
**BARRE & BANDS**

6:00PM-6:50PM  
Tessa  
**SPINNING® & STRENGTH**

6:00PM-6:50PM  
Sarah  
**POWER YOGA**

7:00PM-7:50PM  
Jaclyn  
**BODY BLAST**

11:55PM-12:45AM  
Ciara & Kathryn  
**BODY BLAST & BARRE**

## WEDNESDAY, MAY 8

8:00AM-8:50AM  
Nina  
**MEDITATIVE YOGA**

10:00AM-10:50AM  
Danielle  
**VINYASA YOGA**

12:30PM-1:20PM  
Sophia  
**PILATES**

3:00PM-3:50PM  
Megan  
**CARDIO KICKBOXING**

4:00PM-4:50PM  
Megan Th.  
**POWER BAR**

5:00PM-5:50PM  
Kathryn  
**BARRE**

6:00PM-6:50PM  
Ciara  
**BODY BLAST**

6:00PM-6:50PM  
Catherine  
**POWER YOGA**

7:00PM-7:50PM  
Kayla  
**SPINNING®**

11:55PM-12:45AM  
Jaclyn  
**BODY BLAST**

## THURSDAY, MAY 9

8:00AM-8:50AM  
Sarah  
**MEDITATIVE YOGA**

10:00AM-10:50AM  
Jaclyn  
**BODY BLAST**

12:30PM-1:20PM  
Christy  
**FINAL COUNTDOWN BOOTCAMP**

5:00PM-5:50PM  
Kara  
**SPINNING®**

6:00PM-6:50PM  
Catherine  
**VINYASA YOGA**

6:00PM-6:50PM  
Megan  
**HIP HOP**

## FRIDAY, MAY 10

10:00AM-10:50AM  
Kayla  
**SPINNING®**



University of Dayton  
**Campus Recreation**