



Fall 2023: Group Fitness Schedule



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Monday	7:30am 7:30pm 4:30pm	Vinyasa Flow* Zumba AMP Cycle**	Becca Meagan Molly	Yoga Studio 215 Fitness Studio 101 Cycle Studio 205
Tuesday	12:00pm 6:00pm 6:45pm 8:30pm	Gentle Yoga* Zumba Cycle** Cycle Encore	Shannon Jarinna Alexa Gianna	Yoga Studio 215 Fitness Studio 101 Cycle Studio 205 Cycle Studio 205
Wednesday	8:00am 12:00pm 3:00pm 4:30pm 5:30pm 6:00pm 6:00pm 6:30pm	TRX Power Yoga Flow*** Zumba Vinyasa Flow AMP Cycle** Vinyasa Flow Zumba AMP Cycle**	Abe Mary Jarinna Shannon Molly Quinton Meagan Molly	Queenax Yoga Studio 215 Fitness Studio 101 Yoga Studio 215 Cycle Studio 205 Yoga Studio 215 Fitness Studio 101 Cycle Studio 205
Thursday	8am 12:00pm 12:00pm 4:30pm 6:00pm 6:45pm	TRX Hatha Flow Cycle Encore Cycle & Core Zumba Cycle**	Abe Quinton Gianna Maddy Jarinna Alexa	Queenax Yoga Studio 215 Cycle Studio 205 Cycle Studio 205 Fitness Studio 101 Cycle Studio 205
Friday	12:00pm 4:30pm	Cycle** Zumba	Alexa Meagan	Cycle Studio 205 Fitness Studio 101
Sunday	6:00pm	Cycle Encore	Gianna	Cycle Studio 205

Classes are 60 minutes in length unless marked by the following-

*30 minutes

**45 minutes

***50 minutes