

Group Exercise Schedule

Fall Semester 2017

Last Updated 8/28/17

Cooper

Day	Time	Class	Instructor
Monday	12:15-1:00 pm	Arms and Abs	Sarah D
Monday	6:00-7:00 pm	Mobility Yoga	Brooke
Monday	7:00-8:00 pm	Cycling	Josie
Monday	8:00-8:45 pm	Bunz N' Gunz	Eric
Monday	9:00-10:00 pm	Zumba	Mary Kate
Tuesday	12:15-1:00 pm	Zumba	Sarah H
Tuesday	6:00-6:45 pm	Total Body Tone	Maddi
Tuesday	7:00-8:00 pm	Vinyasa Yoga	Ali
Tuesday	8:00-9:00 pm	Cycling	Amanda
Tuesday	9:00-10:00 pm	Zumba	Izzy
Wednesday	12:15-1:00 pm	Vinyasa Yoga	Ali
Wednesday	7:15-7:45 pm	Circuit Sculpt	Eric
Wednesday	7:45-8:15 pm	Ultimate Abs	Eric
Wednesday	8:15-9:00 pm	Athletic Attack	Rotating
Wednesday	9:00-10:00 pm	Vinyasa Yoga	Christine
Thursday	12:15-1:00 pm	Pilates	Sarah H
Thursday	6:00-7:00 pm	Cycling	Sarah D
Thursday	7:00-7:45 pm	BGT	Jon
Thursday	8:00-9:00 pm	Vinyasa Yoga	Brooke
Thursday	9:00-10:00 pm	Kick Bootcamp	Gabby
Friday	2:00-3:00 pm	Cycling	Josie
Friday	4:00-5:00 pm	Mobility Yoga	Mia
Sunday	3:00-4:00 pm	Cycling	Jon
Sunday	4:00-5:00 pm	Undo & Renew Yoga	Christine

Glimmerglass

Day	Time	Class	Instructor
Monday	6:00-6:30 pm	Circuit Sculpt	Maddi
Monday	6:30-7:00 pm	Ultimate Abs	Maddi
Monday	7:00-7:45 pm	Bunz N' Guns	Abby
Monday	8:00-9:00 pm	Cycling	Amanda
Monday	9:00-10:00 pm	Undo & Renew Yoga	Christine
Tuesday	6:00-7:00 pm	Mobility Yoga	Kelly
Tuesday	7:00-8:00 pm	Cycling	Sarah D
Tuesday	8:00-9:00 pm	Zumba	Mary Kate
Wednesday	5:00-5:45 pm	Arms and Abs	Abby
Wednesday	6:00-7:00 pm	Vinyasa Yoga	Marcello
Wednesday	7:00-8:00 pm	Kick Bootcamp	Gabby
Wednesday	8:00-9:00 pm	Cycling	Jon
Wednesday	9:00-10:00 pm	Zumba	Izzy
Thursday	6:15-7:00 pm	BGT	Maddi
Thursday	7:00-8:00 pm	Athletic Attack	Kelly, Josie, Eric
Thursday	8:00-9:00 pm	Zumba	Mary Kate
Thursday	9:00-10:00 pm	Undo & Renew Yoga	Mia
Friday	2:00-3:00 pm	Vinyasa Yoga	Marcello
Sunday	5:00-6:00 pm	Vinyasa Yoga	Brooke

Lakeside Yoga - Wednesdays at 8pm in the Riggs Hall Lounge

Cancellations may occur; we will make the best effort to avoid this situation and apologize for the inconvenience in advance.