

Group Exercise Schedule

Fall Semester 2018

Last Updated 8/26/18

Cooper

Glimmerglass

Day	Time	Class	Instructor
Monday	12:15–1:00 pm	Arms and Abs	Libby
Monday	7:00–8:00 pm	Cross Cycling	Josie
Monday	8:00–9:00 pm	Undo & Renew Yoga	Christine
Monday	9:00–10:00 pm	Zumba	Emily
Tuesday	12:15 –1:00 pm	Zumba	Sarah
Tuesday	6:00–7:00 pm	Cycling	Amanda
Tuesday	7:00–7:45 pm	Circuit Sculpt	Eric
Tuesday	8:00–9:00 pm	Zumba	Bree
Tuesday	9:00–10:00 pm	Vinayasa Yoga	Marcello
Wednesday	12:15–1:00 pm	Undo & Renew Yoga	Micky
Wednesday	6:00–7:00 pm	BGT	Libby
Wednesday	7:00–8:00 pm	Athletic Attack	Maddi & Eric
Wednesday	8:00–9:00 pm	Cross Cycle	Josie
Wednesday	9:00–10:00 pm	Zumba	Henry
Thursday	12:15–1:00 pm	Pilates	Sarah
Thursday	6:00–6:30 pm	Ultimate Abs	Maddi
Thursday	6:30–7:00 pm	10-10-10	Maddi
Thursday	7:00–8:00 pm	Zumba	Emily
Thursday	8:00–9:00 pm	Kickbox Conditioning	Emma
Thursday	9:00–10:00 pm	Vinayasa Yoga	Ondrea
Friday	3:00–4:00 pm	Undo & Renew Yoga	Micky
Friday	4:00–5:00 pm	Zumba	Bree
Sunday	6:00–7:00 pm	Cycling	Libby
Sunday	7:00–8:00 pm	Undo & Renew Yoga	Micky

Day	Time	Class	Instructor
Monday	6:00–7:00 pm	Total Body Tone	Maddi
Monday	7:00–8:00 pm	BGT	Kiana
Monday	8:00–8:45 pm	Circuit Sculpt	Emma
Monday	9:00–10:00 pm	Undo & Renew Yoga	Spencer
Tuesday	6:00–6:45 pm	Arms and Abs	Libby
Tuesday	7:00–8:00 pm	Cycling	Josie
Tuesday	8:00–9:00 pm	Vinayasa Yoga	Christine
Tuesday	9:00–10:00 pm	Zumba	Henry
Wednesday	6:00–7:00 pm	Cycling	Amanda
Wednesday	7:00–7:30 pm	Ultimate Abs	Kiana
Wednesday	7:30–8:00 pm	10-10-10	Kiana
Wednesday	8:00–9:00 pm	Zumba	Emily
Wednesday	9:00–10:00 pm	Mobility Yoga	Ondrea
Thursday	6:00–7:00 pm	BGT	Kiana
Thursday	7:00–8:00 pm	Cross Cycle	Amanda
Thursday	8:00–9:00 pm	Mobility Yoga	Spencer
Thursday	9:00–10:00 pm	Zumba	Henry
Friday	4:00–5:00 pm	Mobility Yoga	Marcello

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.