

Group Exercise Schedule

Spring Semester 2018

Last Updated 1/22/18

Cooper

Day	Time	Class	Instructor
Monday	12:15-1:00 pm	Arms and Abs	Sarah D
Monday	6:00-7:00 pm	Cycling	Amanda
Monday	7:00-7:45 pm	BGT	Chanel
Monday	8:00-9:00 pm	Vinyasa Yoga	Brooke
Monday	9:00-10:00 pm	Zumba	Bree
Tuesday	12:15-1:00 pm	Zumba	Sarah H
Tuesday	6:00-7:00 pm	Cross Cycle	Sarah D
Tuesday	7:00-8:00 pm	Kick Bootcamp	Gabby
Tuesday	8:00-9:00 pm	Beach Body	Eric
Tuesday	9:00-10:00 pm	Mobility Yoga	Brooke
Wednesday	12:15-1:00 pm	Undo & Renew Yoga	Mia
Wednesday	6:00-7:00 pm	Athletic Attack	Nina & Eric
Wednesday	7:00-7:30 pm	Ultimate Abs	Maddi
Wednesday	7:30-8:00 pm	10·10·10	Maddi
Wednesday	8:00-9:00 pm	Cycling	Jon
Wednesday	9:00-10:00 pm	Zumba	Emily
Thursday	12:15-1:00 pm	Pilates	Sarah H
Thursday	6:00-6:45 pm	Arms and Abs	Gabby
Thursday	7:00-8:00 pm	Cycling	Josie
Thursday	8:00-9:00 pm	Zumba	Henry
Thursday	9:00-10:00 pm	Vinyasa Yoga	Marcello
Friday	2:00-3:00 pm	Cycling	Amanda
Friday	3:00-4:00 pm	Mobility Yoga	Christine
Sunday	2:00-3:00 pm	Cycling	Jon
Sunday	5:00-6:00 pm	Undo & Renew Yoga	Brooke

Glimmerglass

Day	Time	Class	Instructor
Monday	6:00-6:30 pm	Ultimate Abs	Kelly
Monday	6:30-7:00 pm	10·10·10	Kelly
Monday	7:00-8:00 pm	Cross Cycle	Jon
Monday	8:00-8:45 pm	Bunz N' Gunz	Eric
Monday	9:00-10:00 pm	Undo & Renew Yoga	Marcello
Tuesday	6:00-7:00 pm	Athletic Attack	Anthony
Tuesday	7:00-8:00 pm	Cycling	Josie
Tuesday	8:00-9:00 pm	Vinyasa Yoga	Mia
Tuesday	9:00-10:00 pm	Zumba	Henry
Wednesday	6:00-6:45 pm	Arms and Abs	Abby
Wednesday	7:00-7:45 pm	BGT	Chanel
Wednesday	8:00-9:00 pm	Zumba	Bree
Wednesday	9:00-10:00 pm	Undo & Renew Yoga	Christine
Thursday	5:00-5:45 pm	Bunz N' Gunz	Abby
Thursday	6:00-7:00 pm	Cycling	Sarah D
Thursday	7:00-8:00 pm	Mobility Yoga	Mia
Thursday	8:00-9:00 pm	Beach Body	Maddi
Thursday	9:00-10:00 pm	Zumba	Emily
Friday	2:00-3:00 pm	Vinyasa Yoga	Ali

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.