

Group Exercise Schedule

Spring Semester 2019

Last Updated 1/28/19

Cooper

Day	Time	Class	Instructor
Monday	11:30-12:15 pm	Core & Conditioning	Maddi
Monday	6:00-7:00 pm	Cycling	Libby
Monday	8:00-9:00 pm	Yoga	Spencer
Monday	9:00-10:00 pm	Zumba	Henry
Tuesday	8:00-8:45 am	Cycling ⚙	Amanda
Tuesday	11:30-12:15 pm	Pilates	Sarah
Tuesday	6:00-7:00 pm	Kickbox Conditioning	Emma
Tuesday	7:00-8:00 pm	Yoga	Micky
Tuesday	9:00-10:00 pm	Zumba	Emily
Wednesday	11:30-12:15 pm	Yoga	Christine
Wednesday	6:00-7:00 pm	Cycling	Amanda
Wednesday	8:00-9:00 pm	Yoga	Micky
Wednesday	9:00-10:00 pm	Zumba	Henry
Thursday	11:30-12:15 pm	Zumba	Sarah
Thursday	7:00-8:00 pm	Core & Conditioning	Leah
Thursday	8:00-9:00 pm	Zumba	Bree
Thursday	9:00-10:00 pm	Yoga	Micky
Friday	2:00-3:00 pm	Cycling	Libby
Sunday	5:00-6:00 pm	Yoga	Marcello

Glimmerglass

Day	Time	Class	Instructor
Monday	6:00-6:45 pm	Core & Conditioning	Maddi
Monday	7:00-8:00 pm	Yoga	Christine
Tuesday	7:00-8:00 pm	Core & Conditioning	Libby
Tuesday	8:00-9:00 pm	Cycling	Josie
Tuesday	9:00-10:00 pm	Yoga	Marcello
Wednesday	9:00-9:45 am	Cycling ⚙	Amanda
Wednesday	6:00-7:00 pm	Core & Conditioning	Leah
Wednesday	7:00-8:00 pm	Yoga	Spencer
Wednesday	8:00-9:00 pm	Zumba	Emily
Thursday	6:00-7:00 pm	Core & Conditioning	Emma
Thursday	7:00-8:00 pm	Cycling	Josie
Thursday	9:00-10:00 pm	Zumba	Emily
Thursday	8:00-9:00 pm	Yoga	Ondrea

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.

Fitness Center Semester Hours:

Monday - Thursday 7:00 am - 11:00 pm
 Friday 7:00 am - 8:00 pm
 Saturday 9:00 am - 8:00 pm
 Sunday 9:00 am - 9:00 pm

