



Group Exercise Schedule

Fall 2010



August 23 - October 15

	Monday			Tuesday		Wednesday			Thursday		Friday		
Room	GX 143/144	Spin	UpstairsCircuit	GX 143/144	Spin	GX 143/144	Spin	Upstairs Circuit	GX 143/144	Spin	GX 143/144	Spin	Room
6:30-7:20 am	Early Bird Yoga				Cycling*	Early Bird Yoga				Cycle *			6:30-7:20 am
9:00-9:50 am	Muscle Cut					Muscle Cut							9:00-9:50 pm
12:30-1:10 pm	Yoga Crunch			Pilates		Bosu				Cycle X-press*	Yoga Crunch		12:30-1:10 pm
4:00-4:50 pm												Cycling	4:00-4:50 pm
5:15:6:00 pm				Pilates					Yoga Flow				5:15-6:00 pm
5:30-6:20 pm		Cyce X-press* (5:30-6:00)	Strength and Tone for Women				Cycle X-press* (5:30-6:00)	Strength and Tone for Women					5:30-6:20 pm
6:00-6:20 pm	Hard Core					Hard Core							6:00-6:20 pm
6:30-7:20 pm	Step	Triathlon Training (6:15-7:30)		Cardio Kick		Athletic Condition	Triathlon Training (6:15-7:30)		Cardio Kick				6:30-7:20 pm
7:00-8:20 pm					R.P.M. Yoga*					R.R.R.*			7:00-8:20 pm
7:30-8:20 pm	Yoga					Yoga							7:30-8:20 pm

Group X offers a variety of classes that range in intensity and complexity. Each of the classes offered through Campus Recreation Services are free to students and recreation center members. These classes will be offered at various times for your convenience, so find one that works for you. Classes will be offered on first come, first serve basis. Class size will be limited to no more than 30 unless otherwise noted.