



FITWELL

Fall Semester

2018 Group Fitness, August 20-December 7

Drop-in Group Exercise:

With over 100 different drop-in classes available to Campus Recreation members, the Fitness and Wellness program is where patrons can not only work out but can learn the benefits of lifelong holistic fitness and wellness. journey.

The weekly drop-in classes run seven days a week, from early morning to late night, making them easy to work around any schedule. Come in before class to start your day strong or swing by after a long day to relieve some stress. Fitness and Wellness is available for all your fitness needs.

WEEKDAY INTRAMURAL BUILDING

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am Room 125/9		H.I.I.T. Room 125		Cycling Room 9	
12:10pm-12:50pm Room 125	H.I.I.T.		H.I.I.T.		H.I.I.T.
12:10pm-12:50pm Room 124	Power-n-Core	Pilates	Kickboxing	TMC	Full Body Workout
12:30pm-1:15pm Room 9		Cycling "Bookable"		Cycling "Bookable"	
12:30 pm-1:15pm Room 16	Yoga		Pilates		Yoga
3:15 pm -4:00 pm Room 125	H.I.I.T.		H.I.I.T.		H.I.I.T.
3:30 pm -4:15 pm Room 16	Yoga	Pilates	Yoga	Pilates	
3:45pm -4:30pm Room 124	Power-n-Core	Power-n-Core	Power-n-Core	Power-n-Core	Power-n-Core
4:15pm -5:00pm Gym 3	POWER REMIX		POWER REMIX		POWER REMIX
4:30pm -5:15pm Room 16	Barre "Bookable"		Barre "Bookable"		Barre "Bookable"
4:30pm -5:15pm Room 125	H.I.I.T. "Bookable"	Kickboxing	H.I.I.T. "Bookable"	Kickboxing	
4:45pm - 5:30pm Room 9		Cycling "Bookable"		Cycling "Bookable"	
5:10pm -5:30pm Room 124	Ab-solute Core	Ab-solute Core	Ab-solute Core	Ab-solute Core	Ab-solute Core
5:30pm -6:15 pm Room 138	Tai Chi	Full Body Workout - TRX	Tai Chi	Full Body Workout - TRX	
5:30pm -6:15pm Room 16	Pilates	Yoga 5:30-6:30pm	Pilates	Yoga	

WEEKDAY INTRAMURAL BUILDING

CONTINUED

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:45pm -6:30pm Room 124	PowerRemix!	Total Muscle Challenge	Power-n-Core		
5:45pm -6:45 pm Room 12		METCON "Bookable" \$		METCON "Bookable" \$	
5:45pm -6:30pm Room 9	Cycling "Bookable"	Cycling "Bookable"	Cycling "Bookable"	Cycling "Bookable"	
6:45pm-7:30pm Room 124	Total Muscle Challenge	Zumba®	Full Body Workout		
7:00pm-8:00pm Room 16	Yoga	Pilates	Barre "Bookable"	Pilates	
7:00pm-7:45pm Room 125	H.I.I.T.	H.I.I.T.	H.I.I.T.	H.I.I.T.	
8:00pm-9:00pm Room 124/138	Bolly-Fusion Room 138	Hip Hop Room 124			

WEEKEND INTRAMURAL BUILDING

TIME	Saturday	TIME	Sunday
12:00pm-12:45pm Room 125 IM	H.I.I.T.	1:00-2:00pm Room 12 IM	The Grind "Bookable" \$
1:00pm-1:45pm Room 124 IM	Power-n-Core	4:00pm-4:45pm Room 9 IM	Cycling
2:00pm-2:45pm Room 124 IM	Full Body Workout	4:30pm-5:15pm Room 124 IM	PowerRemix!
		5:20pm-5:40pm Room 124 IM	Ab-solute Core
		5:30pm-6:15pm Room 16 IM	Yoga
		6:00pm-6:45pm Room 124 IM	Power-n-Core
		7:00pm-7:45pm Room 125 IM	H.I.I.T.
		8:00pm-9:00pm Room 16 IM	"Unplug"



FIND YOU

FITWELL

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WEEKDAY WHITE BUILDING

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
12:10pm- 12:50pm Room 6	PowerRemix!	Pilates	Barbell "Bookable"	Yoga	Zumba®
12:10pm-12:50pm Room 117	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"
12:10pm-12:50pm Room 48	Cycling "Bookable"		Cycling "Bookable"		Cycling "Bookable"
2:00pm - 2:45pm Pool	BOGAFit "Bookable"		BOGAFit "Bookable"		BOGAFit "Bookable"
3:30pm-4:15pm Room 117	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	
3:30pm-4:15pm Room 48		Cycling "Bookable"		Cycling "Bookable"	
4:00pm- 4:45pm Room 6	Kickboxing	Cal Killer	Barbell "Bookable"	Power-n-Core	
4:15pm- 5:00pm Gym 126		PowerRemix!		PowerRemix!	
4:45pm- 5:30pm Room 48	Cycling "Bookable"		Cycling "Bookable"		
5:00pm -5:45pm Room 6	Zumba®	Barbell "Bookable"	Zumba®	Barbell "Bookable"	
5:00pm -5:45pm Room 117	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	H.I.I.T. 45 "Bookable"	
5:10pm -5:30pm Gym 126		Ab-solute Core		Ab-solute Core	
6:00pm -7:00pm Room 6	Deep Flow Yoga		Deep Flow Yoga	"Unplug"	

WEEKDAY MCCOY NATATORIUM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
12:10pm- 12:50pm Natatorium	Aqua Power	Aqua Move	Aqua Power	Aqua Move	

Bold Outline

Classes marked with a bold outline are instructional. After the 3 week free trial period, there is a registration fee to continue. [Register Here](#)

\$

Dollar Sign

Classes marked with a \$ have a \$5 per class fee. Book your spot [Here](#)