



FITNESS & WELLNESS

DROP-IN GROUP EXERCISE SUMMER SESSION 2

JULY 8 - AUGUST 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:15 AM		H.I.I.T IM Room 125		CYCLING IM Room 9		
12:10-12:50 PM	H.I.I.T IM Room 125	CYCLING IM Room 9	360 FIT IM Room 124	CYCLING IM Room 9	H.I.I.T IM Room 125	
12:10-12:50 PM	YOGA IM Room 16	PILATES IM Room 16	YOGA IM Room 16	BARRE IM Room 16	YOGA IM Room 16	
12:10-1:00 PM	AQUA POWER Nat. Indoor Pool	AQUA MOVE Nat. Indoor Pool	AQUA POWER Nat. Indoor Pool	AQUA MOVE Nat. Indoor Pool		
3:30-4:45 PM						** FITNESS SWIMMING Nat. Indoor Pool
4:30-5:15 PM	TOTAL BODY TONE IM Room 124		H.I.I.T IM Room 125			
5:15-6:00 PM	CYCLING IM Room 9	H.I.I.T IM Room 125	CYCLING IM Room 9	YOGA IM Room 16		
5:15-6:30 PM	** FITNESS SWIMMING Nat. Indoor Pool		** FITNESS SWIMMING Nat. Indoor Pool		** FITNESS SWIMMING Nat. Indoor Pool	
5:30-6:15 PM	BARRE IM Room 16	YOGA IM Room 16	POWER REMIX IM Room 124	H.I.I.T IM Room 125		
5:30-6:15 PM		* BOGA WATER FITNESS Nat. Indoor Pool		* BOGA WATER FITNESS Nat. Indoor Pool		

LAND CLASSES take place in the designated room in the Intramural Building. **"BOOK IT"** is now available for all LAND classes. Reserve a spot in class online. It is not required. Non-booked space will be filled first-come, first-serve. **ADMISSION:** Campus Rec Membership or 1-Day Pass is required for any class on this schedule. **FALL** semester group exercise classes will begin August 26.

REGISTER or "BOOK IT"

PennStateCampusRec.org



WATER CLASSES take place in the indoor pool in the Natatorium. **** FITNESS SWIMMING** registration is required. *** BOGA WATER FITNESS** registration is required (\$5/class).

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