

RECREATION & WELLBEING

**FITNESS**

**GROUP  
FITNESS  
CLASSES**

FALL 2024 SCHEDULE | Section I: August 26 - October 13

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.	<b>Cycling</b> Jon (SRC East)		<b>Cycling</b> Brad (SRC East)		
11:30 a.m.	<b>TRX Bootcamp</b> Jenny (SRC East) <b>SlowFlow Yoga</b> Lori (SRC West)	<b>Cycling</b> Jon (SRC East) <b>Stretch &amp; Tone</b> Julie (SRC West)	<b>TRX Bootcamp</b> Jenny (SRC East) <b>SlowFlow Yoga</b> Lori (SRC West)	<b>Cycling</b> Jon (SRC East) <b>Stretch &amp; Tone</b> Julie (SRC West)	<b>TRX Bootcamp</b> Jenny (SRC East) <b>SlowFlow Yoga</b> Lori (SRC West)
12:30 p.m.	<b>Pilates</b> Julie (SRC West)	<b>Glute Camp</b> Jenny (SRC East) <b>Kettlebell Express</b> Ben (SRC West, 12:30-1)	<b>Pilates</b> Julie (SRC West)	<b>Glute Camp</b> Jenny (SRC East) <b>Kettlebell Express</b> Ben (SRC West, 12:30-1)	
5 p.m.			<b>Yoga</b> Savannah (SRC West)		
5:30 p.m.		<b>Cycling Plus</b> Donna (SRC East)		<b>Cycling Plus</b> Donna (SRC East) <b>Barre</b> Merina (SRC West)	
6 p.m.	<b>Intro to TRX</b> Julie (SRC East)		<b>Intro to TRX</b> Julie (SRC East)		
6:30 p.m.		<b>Restorative Yoga</b> Laurel (SRC West)		<b>Restorative Yoga</b> Laurel (SRC West)	
7:30 p.m.		<b>Cardio Dance</b> Jessica (SRC West)		<b>Cardio Dance</b> Jessica (SRC West)	

Schedule subject to change. All classes are 50 minutes long, unless otherwise noted. Classes are unlimited and first come, first served drop-in for all public and employee members. Students can access unlimited fitness classes for \$25 each section; stop by the SRC Information Desk to purchase access. No refund provided for cancelled or removed classes.