



Group Fitness Schedule

Block 2



All classes are offered in the Multi-Purpose Room located in the Adam F. Press Fitness Center, unless otherwise noted.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:15 am		Sunrise Yoga <i>Maddi</i>	Sculpt Yoga <i>Fran</i>	Sunrise Yoga <i>Gracie</i>	Sculpt Yoga <i>Fran</i>	Sunrise Yoga <i>Helen</i>
7:00 – 8:00 am		Boot Camp (Strength Floor/Gym) <i>Wes</i>		Boot Camp (Strength Floor/Gym) <i>Wes</i>		Boot Camp (Strength Floor/Gym) <i>Wes</i>
10:00 – 11:00 am		Fit 4 Life @ CC <i>Wes</i>		Fit 4 Life @ CC <i>Wes</i>		Fit 4 Life @ CC <i>Wes</i>
12:30 – 1:30 pm			Boot Camp (Rec Gym) <i>Wes</i>		Boot Camp (Rec Gym) <i>Wes</i>	
1:15 – 2:30 pm						Boxing <i>Paul</i>
4:15 – 5:15 pm		Total Body Fitness <i>Grace</i>	Fresh, Fit, & Fun <i>Laura</i>	Total Body Fitness <i>Grace</i>	Fresh, Fit, & Fun <i>Laura</i>	Total Body Fitness <i>Grace</i>
5:30 – 6:45 pm		Yoga <i>Eliza</i>	Yin Yoga <i>Misty</i>	Yoga <i>Misty</i>	Yoga <i>Eliza</i>	
7:00 – 8:00 pm		Jazz it Up <i>Kiara</i>	Tiger Defense <i>Tyler/Jon</i>		Tiger Defense <i>Tyler/Jon</i>	
8:00 – 9:00 pm					Blues/Swing <i>Soren</i>	
9:00 – 10:00 pm	Bedtime Yoga <i>Maddi</i>	Bedtime Yoga <i>Sam</i>	Bedtime Yoga <i>Helen</i>	Bedtime Yoga <i>Sam</i>	Bedtime Yoga <i>Gracie</i>	

- *Class formats aim to serve all ability and skill levels; however, you should always consult your physician prior to starting any exercise program.*
- *Classes start the first Tuesday of the block and are not offered during the 4th week of the block.*
- *****No Bootcamp or Fit 4 Life Classes on Friday, October 4th***