



**Group Fitness Schedule
Block 7**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 am			Sunrise Yoga <i>Victoria</i>	Pilates <i>Melinda</i>		Pilates <i>Melinda</i>
11:00 – 11:50 am		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
12:00 pm	Pilates <i>Melinda</i>					
1:30– 2:30 pm				Boxing <i>Adam</i>		Boxing <i>Adam</i>
3:00 pm			Vinyasa Yoga <i>LeAnne</i>		Vinyasa Yoga <i>Julia</i>	
4:15 pm		Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Partner Intervals <i>Ella</i>	Body Weight Strength <i>Ella</i>	Vinyasa Yoga <i>Lindsey</i>
** 4:30 pm		**Caprese Running Club				
5:30 – 6:30 pm		Restorative Yoga <i>Misty</i>	Slow Flow Yoga <i>Margaux</i>	Vinyasa Yoga <i>Lindsey</i>	Slow Flow Yoga <i>Margaux</i>	
7:00 pm		Slow Flow Yoga <i>Margaux</i>	Kickboxing <i>Lennea</i>		Kickboxing <i>Lennea</i>	
8:15 pm		Boxing <i>Adam</i>				

- Only Fit 4 Life and the Caprese Running Club will be held all 4 weeks. No other classes are led during 4th week.
- ****Caprese Trout Running Club** – meets at the south side of Worner Campus Center.