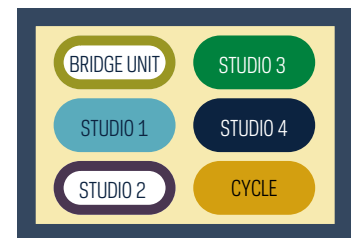


FITNESS AND INSTRUCTIONAL PROGRAMS

GROUP FITNESS SCHEDULE

FALL SEMESTER 2022 // SESSION 1: AUGUST 22 - OCTOBER 15

SUN	MON	TUES	WED	THU	FRI
2:00 p.m. (60 min.) YOGA FLOW	6:30 a.m. (30 min.) CYCLE EXPRESS	6:30 a.m. (30 min.) FLEX N TONE	7:15 a.m. (45 min.) BEAT BIKING	7:15 a.m. (45 min.) BEAT BIKING	12:00 p.m. (60 min.) KIRAPLU YOGA
	7:15 a.m. (45 min.) FLEX N TONE	12:00 p.m. (60 min.) POWER YOGA	12:00 p.m. (60 min.) KIRAPLU YOGA	12:00 p.m. (45 min.) CYCLEPUMP	12:15 p.m. (30 min.) FLEX N TONE
	4:30 p.m. (45 min.) BEAT BIKING	12:15 pm. (30 min.) CARDIO STRENGTH INTERVAL	4:30 p.m. (45 min.) BEAT BIKING	12:15 p.m. (30 min.) FLEX N TONE	
	5:30 p.m. (45 min.) BEAT BIKING	5:00 p.m. (45 min.) BEAT BIKING	5:00 p.m. (45 min.) YOGA SCULPT	5:00 p.m. (45 min.) BEAT BIKING	
	5:30 p.m. (45 min.) ZUMBA	5:00 p.m. (60 min.) YOGA SCULPT	5:30 p.m. (45 min.) INDOOR CYCLE	5:00 p.m. (45 min.) CARDIO DANCE	
	5:30 p.m. (60 min.) KIRAPLU YOGA	5:30 p.m. (45 min.) BARRE	5:30 p.m. (45 min.) ZUMBA	5:30 p.m. (45 min.) BARRE	
	6:00 p.m. (45 min.) YOGA SCULPT	5:30 p.m. (60 min.) POWER YOGA FLOW	6:15 p.m. (60 min.) YOGA SCULPT	5:30 p.m. (45 min.) CARDIO KICKBOXING	
	6:30 p.m. (45 min.) INDOOR CYCLE	6:00 p.m. (45 min.) BEAT BIKING	6:30 p.m. (45 min.) ZUMBA	6:00 p.m. (45 min.) BEAT BIKING	
	6:45 p.m. (45 min.) CARDIO STRENGTH INTERVAL	6:30 p.m. (60 min.) POUND	6:30 p.m. (45 min.) INDOOR CYCLE	8:00 p.m. (45 min.) WERQ	
		6:45 p.m. (45 min.) HIIT FIT	6:45 p.m. (45 min.) BOOTCAMP ON THE BRIDGE		
		7:00 p.m. (45 min.) BEAT BIKING			



*All Group Fitness and F.A.S.T classes are scheduled in the Smith Center for Recreational Sports.

*F.A.S.T. Classes are for eligible faculty, staff, faculty/staff spouses, and retirees.

*All Fitness and Instructional Programs participants must sign all applicable waivers prior to participating.

FITNESS AND INSTRUCTIONAL PROGRAMS

F.A.S.T. FITNESS SCHEDULE

FALL SEMESTER 2022 // SESSION 1: AUGUST 22 - OCTOBER 15

MONDAY 9:00 a.m. - 10:00 a.m.
YOGA in Studio 1 with Steve

MONDAY 12:00 p.m. - 12:45 p.m.
PUMP IT UP in Studio 3 with Sara P.

TUESDAY 9:00 a.m. - 10:00 a.m.
CYCLE PUMP in Studio 3 with Sara P.

WEDNESDAY 9:00 a.m. - 10:00 a.m.
YOGA in Studio 1 with Steve

WEDNESDAY 12:00 p.m. - 12:45 p.m.
PUMP IT UP in Studio 3 with Sara P.

THURSDAY 9:00 a.m. - 10:00 a.m.
CYCLE PUMP in Studio 3 with Sara P.



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