

FALL 2018 GROUP FITNESS SCHEDULE AUG 27–DEC 10

MON	TUE	WED	THU	FRI	SAT	SUN
EPPLEY RECREATION CENTER FITNESS STUDIO #0105						
7:15–8:20 AM BODYPUMP™ <i>Paulina B</i>	6:30–7:25 AM BARRE <i>Sue S</i>	7:15–8:20 AM BODYPUMP™ <i>Sarah G</i>	7:15–8:10 AM BARRE <i>Natalie L</i>	7:15–8:20 AM BODYPUMP™ <i>Morgan T</i>	NO CLASSES	6–6:55 PM DANCE FIT <i>Michelle N/Johnathon O</i>
NOON–1:05 PM BODYPUMP™ <i>Tami L/Morgan T</i>	NOON–12:30 PM CX WORX™ <i>Caitlyn F</i>	NOON–1:05 PM BODYPUMP™ <i>Tami L/Bro R</i>	NOON–1 PM BODYCOMBAT™ <i>Kal L</i>	NOON–1:05 PM BODYPUMP™ <i>Tami L/Sarah G</i>		7–7:45 PM HIIT <i>Maille O</i>
4:15–5:10 PM BARRE <i>Natalie L</i>	5:10–5:40 PM CX WORX™ <i>Jessica P</i>	4:15–5:10 PM BARRE <i>Anisah I</i>	5:10–5:40 PM CX WORX™ <i>Jessica P</i>	3:10–4:10 PM BODYCOMBAT™ <i>Jessica P</i>		7:50–8:45 PM BARRE <i>Ashley R</i>
5:15–6 PM HIIT <i>Maille O</i>	5:45–6:40 PM DANCE FIT <i>Ryan J</i>	5:15–6 PM HIIT <i>Sabrina Z</i>	5:45–6:40 PM DANCE FIT <i>Maggie F</i>	4:15–5:10 PM BARRE <i>Jessica P</i>		8:55–10:00 PM BODYPUMP™ <i>Morgan T</i>
6:05–7:00 PM ZUMBA® <i>Tatiana T/Shelby S</i>	6:45–7:45 PM BODYCOMBAT™ <i>Lindsay R</i>	6:05–7 PM ZUMBA® <i>Jessica P/Ryan J</i>	6:45–7:45 PM BODYCOMBAT™ <i>Lindsay R</i>	5:15–6:00 PM HIIT <i>Maille O</i>		
7:10–8:15 PM BODYPUMP™ <i>Nusheen M</i>	7:50–8:45 PM BARRE <i>Melanie A</i>	7:10–8:15 PM BODYPUMP™ <i>Nusheen M</i>	7:50–8:45 PM BARRE <i>Maggie F</i>	7:50–8:45 PM ZUMBA® <i>Katie C</i>		
8:25–8:55 PM CX WORX™ <i>Jacklyn G</i>	8:55–10:00 PM BODYPUMP™ <i>Louie G</i>	8:25–8:55 PM CX WORX™ <i>Caitlyn F</i>	8:55–10:00 PM BODYPUMP™ <i>Valeria M</i>			
9–9:55 PM DANCE FIT <i>Sloane M/Amory T</i>		9–9:55 PM DANCE FIT <i>Tatiana T/Amory T</i>				
EPPLEY RECREATION CENTER MULTIPURPOSE ROOM #2113 (CLASSES RUN FROM 8/27–11/2)						
5:00–5:55 PM DANCE FIT <i>Ryan J</i>	5:00–5:55 PM YOGA <i>Rory S</i>	5–5:55 PM DANCE FIT <i>Johnathon O</i>	5:00–5:55 PM YOGA <i>Rory S</i>	5–5:55 PM DANCE FIT <i>Ryan J</i>	NO CLASSES	NO CLASSES
	6:00–6:45 PM HIIT <i>Nusheen M</i>		6:00–6:45 PM HIIT <i>Jessica P</i>			
	6:50–7:45 PM ZUMBA® <i>Shelby S</i>		6:50–7:45 PM ZUMBA® <i>Ryan J/Tatiana T</i>			
EPPLEY RECREATION CENTER FUNCTIONAL TRAINING STUDIO #0113						
NOON–1:00 PM KETTLEBELL WORKOUT <i>Christina H</i>	NOON–1:00 PM TRX WORKOUT <i>Sarah G</i>	6:00–7:00 PM KETTLEBELL WORKOUT <i>Doug P</i>	NOON–1:00 PM FUNCTIONAL TRAINING BOOT-CAMP <i>Sarah G/Dan P</i>	NOON–1:00 PM FUNCTIONAL TRAINING BOOT-CAMP <i>Doug P</i>	NO CLASSES	NO CLASSES
5:30–6:30 PM FUNCTIONAL TRAINING BOOT-CAMP <i>Doug P</i>	5:30–6:30 PM CORE CONDITIONING <i>Gianni P</i>					
EPPLEY RECREATION CENTER NATATORIUM STUDIO #B0158						
7:15–8:10 AM YOGA <i>Maggie Y</i>	7:15–8:10 AM YOGA <i>Tenzin P</i>	7:15–8:10 AM YOGA <i>Tenzin S</i>	7:15–8:10 AM YOGA <i>Maggie Y</i>	NO CLASSES	NO CLASSES	NO CLASSES
5:30–6:25 PM YOGA <i>Quinn A</i>	6:15–7:10 PM YOGA <i>Rory S</i>	5:30–6:25 PM YOGA <i>Rory S</i>				
8–8:55 PM YOGA <i>Taylor P</i>	8–8:55 PM YOGA <i>June S</i>	8–8:55 PM YOGA <i>Maddie P</i>				
RECWELL CYCLING STUDIO AT REGENTS #0504C						
7:15–8 AM CYCLE 45 <i>Chase L</i>	7:15–8 AM CYCLE 45 <i>Ciarra J</i>	7:15–8 AM CYCLE 45 <i>Rachel C</i>	7:15–8 AM CYCLE 45 <i>Ciarra J</i>	3–3:55 PM CYCLE 55 <i>Rachel C</i>	10–10:55 AM THEMED CYCLE 55 <i>*Schedule below</i>	5:15–6 PM CYCLE 45 <i>Caitly F</i>
5:15–6:10 PM CYCLE 55 <i>Rachel C</i>	5:15–6 PM CYCLE 45 <i>Ava M</i>	5:15–6:10 PM CYCLE 55 <i>Chase L</i>	5:15–6 PM CYCLE 45 <i>Delaram</i>			
6:45–7:30 PM CYCLE 45 <i>Laila Z</i>	6:30–7:15 PM CYCLE 45 <i>Nicole K</i>	6:45–7:30 PM CYCLE 45 <i>Jordan M</i>	6:30–7:15 PM CYCLE 45 <i>Caitlyn F</i>			
RECWELL MULTIPURPOSE STUDIO AT REGENTS #0504E						
7:15–8:15 AM BODYCOMBAT™ <i>Kal L</i>	7:15–8:20 AM BODYPUMP™ <i>Jacklyn G</i>	7:15–8:15 AM BODYCOMBAT™ <i>Rebekah E</i>	7:15–8:20 AM BODYPUMP™ <i>Jacklyn G</i>	4:05–5:00 PM YOGA <i>Taylor P</i>	10–11:05 AM BODYPUMP™ <i>Paulina B</i>	11:00–11:55 AM YOGA <i>Katherine L</i>
4:05–5:00 PM YOGA <i>Geneva J</i>	4:05–5 PM YOGA <i>Geneva J</i>	4:05–5:00 PM YOGA <i>Geneva J</i>	4:05–5 PM YOGA <i>June S</i>	5:10–6:15 PM BODYPUMP™ <i>Louie G</i>	11:15 AM–12:15 PM BODYCOMBAT™ <i>Rebekah E</i>	5:00–6:05 PM BODYPUMP™ <i>Valeria M</i>
5:10–6:15 PM BODYPUMP™ <i>Sabrina Z</i>	5:05–6:05 PM BODYCOMBAT™ <i>Laila A</i>	5:10–6:15 PM BODYPUMP™ <i>Paulina B</i>	5:05–6:05 PM BODYCOMBAT™ <i>Laila A</i>			6:15–6:45 PM CX WORX™ <i>Paulina B</i>
6:25–6:55 PM CX WORX™ <i>Rebekah E</i>	6:15–7:20 PM BODYPUMP™ <i>Izzy M</i>	6:25–6:55 PM CX WORX™ <i>Paulina B</i>	6:15–7:20 PM BODYPUMP™ <i>Izzy M</i>			6:50–7:45 PM ZUMBA® <i>Paulina B</i>
7:00–8:00 PM BODYCOMBAT™ <i>Jessica P</i>	7:30–8:25 PM ZUMBA® <i>Izzy M</i>	7:00–8:00 PM BODYCOMBAT™ <i>Kal L</i>	7:30–8:25 PM ZUMBA® <i>Izzy M</i>			7:50–8:45 PM YOGA <i>June S</i>
8:05–9:00 PM ZUMBA® <i>Katie C</i>		8:05–9:00 PM ZUMBA® <i>Ciarra J</i>				
RITCHIE COLISEUM MULTIPURPOSE ROOM #0114						
4:15–5:20 PM BODYPUMP™ <i>Louie G</i>	5:15–6:20 PM BODYPUMP™ <i>Sarah G</i>	4:15–5:20 PM BODYPUMP™ <i>Morgan T</i>	5:15–6:20 PM BODYPUMP™ <i>Ella B</i>	4:15–5:20 PM BODYPUMP™ <i>Ella B</i>	11–11:55 AM YOGA <i>June S</i>	11 AM–12:05 PM BODYPUMP™ <i>Ella B</i>
5:30–6:25 PM BARRE <i>Johnathon O</i>	6:30–7:25 PM BARRE <i>Sam H</i>	5:30–6:25 PM BARRE <i>Melanie A</i>	6:30–7:25 PM BARRE <i>Ashley R</i>	5:30–6:25 PM YOGA <i>Rory S</i>	NOON–12:55 PM BARRE <i>Anisah I</i>	5:30–6:25 PM BARRE <i>Lia C</i>
6:30–7:25 PM YOGA <i>Anna B</i>	7:30–8:25 PM YOGA <i>Sam H</i>	6:30–7:25 PM YOGA <i>Anna B</i>	7:30–8:25 PM YOGA <i>Grace T</i>			6:30–7:25 PM YOGA <i>Rory S</i>

*SATURDAY CYCLE 55 ROTATING SCHEDULE

Sept 1	Britney Spears	Oct 6	One Hit Wonders	Nov 10	Rock N' Roll
Sept 8	Boy Band Favorites	Oct 13	Hamilton	Nov 17	Beyonce
Sept 15	International Party	Oct 20	Indie Pop	Nov 24	No Class–Thanksgiving Break
Sept 22	Ariana Grande v. Nicki Minaj	Oct 27	Halloween	Dec 1	90's
Sept 29	Early 2000's	Nov 3	Pop-Punk	Dec 8	Old v. New Hip Hop

