

SPRING 2018 FINALS GROUP FITNESS SCHEDULE

FRI 5/11	SAT 5/12	SUN 5/13	MON 5/14	TUE 5/15	WED 5/16
EPPLEY RECREATION CENTER FITNESS STUDIO (#0105)					
7:15–8:20 AM BODYPUMP™ Kerry D NOON–1:05 PM BODYPUMP™ Tami L 3–3:55 PM BEGINNER YOGA Tami L 4–5 PM BOOTCAMP Monique P 5–5:55 PM ZUMBA® Shelby S	NO CLASSES	5–5:55 PM BARRE Melanie A 6–6:45 PM HIIT Jessica P 7–8 PM BODYCOMBAT™ Monique P/Jessica P	7:15–8:20 AM BODYPUMP™ Kerry D NOON–1:05 PM BODYPUMP™ Bre R 5–5:55 PM BARRE Libby T 6–6:55 PM ZUMBA® Jessica P 7:05–8:10 PM BODYPUMP™ Kerry D 8:20–8:50 PM CX WORX™ Caitlyn F 9–9:55 PM DANCE FIT Shelby S	NOON–1 PM BODYCOMBAT™ Monique P 4:20–4:50 PM CX WORX™ Jessica P 5–5:55 PM DANCE FIT Jessica P 6–6:45 PM HIIT Kerry D 7–8 PM BODYCOMBAT™ Lindsey R 8:05–9 PM BARRE Melanie A	7:15–8:20 AM BODYPUMP™ Kerry D NOON–1:05 PM BODYPUMP™ Morgan T 4–4:55 PM BOOTCAMP Monique P 5–5:55 PM BARRE Libby T 6–6:55 PM ZUMBA® Jessica P 7:05–8:10 PM BODYPUMP™ Louie G

EPPLEY RECREATION CENTER NATATORIUM STUDIO (#B0158)					
NO CLASSES	NO CLASSES	NO CLASSES	5:30–6:25 PM YOGA Jen M 8–8:55 PM YOGA Jen M	5:30–6:25 PM YOGA Rory S 8–8:55 PM YOGA Dina G	5:30–6:25 PM YOGA Jen M

REGENTS CYCLING STUDIO (#0504C)					
10–10:55 AM CYCLE 55 Jordan M 3–3:5 PM CYCLE 55 Caitlyn F	10–10:55 AM CYCLE 55 Emily K	5:15–6 PM CYCLE 45 Beth G	5:15–6:10 PM CYCLE 55 Laila Z 6:30–7:15 PM CYCLE 45 Emily K	7:15–8 AM CYCLE 45 Jen M 5:15–6 PM CYCLE 45 Caitlyn F 6:45–7:30 PM CYCLE 45 Beth G	7:15–8 AM CYCLE 45 Jen M 5:15–6:10 PM CYCLE 55 Beth G

REGENTS MULTIPURPOSE ROOM (#0504E)					
4:15–5:15 PM BODYCOMBAT™ Laila A 5:30–6:35 PM BODYPUMP™ Laila A/Ella B	10–11:05 AM BODYPUMP™ Sarah G	NO CLASSES	7:15–8:15 AM BODYCOMBAT™ Kal L 5:30–6:35 PM BODYPUMP™ Morgan T 6:45–7:15 PM CX WORX™ Jacklyn G 7:20–8:20 PM BODYCOMBAT™ Lindsey R	7:15–8:20 AM BODYPUMP™ Sarah G 4:05–5 PM YOGA Jen M 5:05–6:05 PM BODYCOMBAT™ Monique P 6:15–7:20 PM BODYPUMP™ Paulina B	7:15–8:15 AM BODYCOMBAT™ Kal L 5:30–6:35 PM BODYPUMP™ Ella B

RITCHIE MULTIPURPOSE ROOM					
4:15–5:20 PM BODYPUMP™ Sarah G 5:30–6:25 PM YOGA Quinn A	11–11:55 AM YOGA Rory S	11 AM–12:05 PM BODYPUMP™ Sarah G	4:15–5:20 PM BODYPUMP™ Louie G 5:30–6:30 PM BODYCOMBAT™ Monique P	5:15–6:20 PM BODYPUMP™ Louie G 6:30–7:25 PM BARRE Amelia L	NO CLASSES

- Get your gray 2017–2018 Group Fitness Sticker at the ERC Member Services desk prior to class. Stickers also available from instructors in Ritchie, Cole, & Regents.
- NO PRE-REGISTRATION NECESSARY.
- Participation in all classes is limited by studio size and/or equipment availability. Participants will be admitted on a first come, first served basis.

- Athletic shoes are required (except for yoga). Jeans are not permitted.
- Bags and coats are not allowed in the ERC Fitness Studio and Natatorium. Locks can be rented from the ERC Equipment Issue Desk for no additional charge.
- For safety, no one will be admitted into any RecWell Group Fitness class after the first 10 minutes. Classes are subject to cancellation due to low enrollment.

