

SUMMER 2018 GROUP FITNESS SCHEDULE MAY 29–AUG 17 (NO CLASSES JULY 4)

MON	TUE	WED	THU	FRI	SAT
EPPLEY RECREATION CENTER FITNESS STUDIO #0105					
7:15–8:20 AM BODYPUMP™ <i>Sarah G</i>	NOON–1 PM BODYCOMBAT™ <i>Tami L</i>	7:15–8:20 AM BODYPUMP™ <i>Kerry D</i>	NOON–1 PM BODYCOMBAT™ <i>Kal L</i>	7:15–8:20 AM BODYPUMP™ <i>Kerry D</i>	NO CLASSES
NOON–1:05 PM BODYPUMP™ <i>Tami L</i>	4:20–4:50 PM CX WORX™ (CORE) <i>Monique P</i>	NOON–1:05 PM BODYPUMP™ <i>Tami L</i>	4:20–4:50 PM CX WORX™ (CORE) <i>Paulina B</i>	NOON–1:05 PM BODYPUMP™ <i>Tami L</i>	
4–5 PM BODYCOMBAT™ <i>Monique P</i>	5–5:55 PM BARRE <i>Lia C</i>	4:20–4:50 PM CX WORX™ (CORE) <i>Paulina B</i>	5–5:55 PM BARRE <i>Maggie F</i>	4–5 PM BODYCOMBAT™ <i>Monique P</i>	
5:05–6 PM DANCE FIT <i>Shelby S</i>	6–7 PM BODYCOMBAT™ <i>Kerry D</i>	5:05–6 PM DANCE FIT <i>Ryan J</i>	6–7 PM BODYCOMBAT™ <i>Monique P</i>	5:05–6 PM BARRE <i>Asia D/Maggie F</i>	
6:10–6:55 PM HIIT <i>Kerry D</i>	7:10–8:15 PM BODYPUMP™ <i>Rebekah E</i>	6:10–6:55 PM HIIT <i>Monique P</i>	7:10–8:15 PM BODYPUMP™ <i>Morgan T</i>		
7–8 PM BODYCOMBAT™ <i>Lindsey R</i>		7–8 PM BODYCOMBAT™ <i>Kal L</i>			
EPPLEY RECREATION CENTER FUNCTIONAL TRAINING STUDIO #0113					
NOON–1 PM KETTLEBELL WORKOUT <i>Cairan G/Joey P</i>	NOON–1 PM TRX WORKOUT <i>Joey P</i>	NOON–12:45 PM CORE CONDITIONING <i>Dan P/Joey P</i>	NOON–1 PM FUNCTIONAL TRAINING BOOTCAMP <i>Cairan G/Joey P</i>	NO CLASSES	NO CLASSES
		5–6 PM KETTLEBELL WORKOUT <i>Sydney S</i>			
EPPLEY RECREATION CENTER NATATORIUM STUDIO #B0158					
4–4:55 PM YOGA <i>Taylor P</i>	5:30–6:25 PM YOGA <i>Maggie Y/June S</i>	4–4:55 PM YOGA <i>Tenzin S</i>	5:30–6:25 PM YOGA <i>Maggie Y/June S</i>	3–3:55 PM YOGA <i>Tenzin S</i>	NO CLASSES
5:30–6:25 PM YOGA <i>Tenzin S</i>		5:30–6:25 PM YOGA <i>Maggie Y/June S</i>			
RECWELL CYCLING STUDIO AT REGENTS #0504C					
5:15–6 PM CYCLE 45 <i>Rachel C</i>	5:15–6:10 PM CYCLE 55 <i>Nusheen M/Beth G</i>	5:15–6 PM CYCLE 45 <i>Rachel C</i>	5:15–6:10 PM CYCLE 55 <i>Nusheen M/Beth G</i>	3–3:55 PM CYCLE 55 <i>Rachel C</i>	NO CLASSES
RECWELL MULTIPURPOSE STUDIO AT REGENTS #0504E					
4:15–5:20 PM BODYPUMP™ <i>Louie G</i>	7:15–8:20 AM BODYPUMP™ <i>Jacklyn G</i>	8:30–9:25 AM YOGA <i>Taylor P</i>	7:15–8:20 AM BODYPUMP™ <i>Jacklyn G</i>	4:15–5:20 PM BODYPUMP™ <i>Paulina B</i>	10–11:05 AM BODYPUMP™ <i>Rebekah E</i>
5:30–6 PM CX WORX™ (CORE) <i>Monique P</i>	8:30–9:25 AM YOGA <i>Taylor P</i>	4:15–5:20 PM BODYPUMP™ <i>Louie G</i>	8:30–9:25 AM YOGA <i>Tami L</i>	5:30–6 PM CX WORX™ (CORE) <i>Paulina B</i>	
	4:10–5:05 PM YOGA <i>Geneva J</i>	5:30–6 PM CX WORX™ (CORE) <i>Rebekah E</i>	4:10–5:05 PM YOGA <i>Geneva J</i>		
	5:15–6:20 PM BODYPUMP™ <i>Morgan T</i>		5:15–6:20 PM BODYPUMP™ <i>Izzy M</i>		
	6:30–7:25 PM ZUMBA® <i>Shelby S</i>		6:30–7:25 PM ZUMBA® <i>Izzy M</i>		

- 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.