

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

- 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.