

Spring Group Fitness Schedule

2022

<i>Day</i>	<i>Time</i>	<i>Class</i>	<i>Location</i>	<i>Fall</i>
Sun.				
45 min.	6pm	Pilates	Multi-Purpose Room	Abigale Mohler
1 hr.	7pm	Hydrofit	Pool	Sarah Borrell
45 min.	7:30pm	Barre	Back Alley	Tiana Townsend
Mon.				
30 min.	3:30pm	Running Club	Ole Statue	Morgan Pederson
1 hr.	6:30pm	Circuit Weights	Weight Room	Mack Braun
1 hr.	7:30pm	Yoga	Multi-Purpose Room	Caroline Sudbeck
Tues.				
1 hr.	6pm	Zumba Toning	Back Alley	Sarah Borrell
45 min.	7:30pm	Cardio Kickboxing	Back Alley	Lauren Tousignant
30 min.	8:30pm	Toning Tuesday	Multi-Purpose Room	Kate Rockwell
Wed.				
1 hr.	6:30pm	Circuit Weights	Weight Room	Isaac von Fischer
1 hr.	7pm	FAAB	Multi-Purpose Room	Jessica Blachowske
1 hr.	8pm	Yoga	Multi-Purpose Room	Somer Anderson
Thurs				
1 hr.	7:30pm	Yoga Sculpt	Multi-Purpose Room	Shayla White
1 hr.	8:30pm	Hydrofit	Pool	Nacho Larios
Fri.				
30 min.	7am	Hardcore Abs	Multi-Purpose Room	Kellie Geigle