

J-Term Group Fitness Schedule

2023

<i>Day</i>	<i>Time</i>	<i>Class</i>	<i>Location</i>	<i>Fall</i>
Sun.				
1 hr.	6pm	Yoga Sculpt	Multi-Purpose Room	Macey Strutz
1 hr.	7pm	Hydrofit	Pool	Sarah Borrell
1 hr	8pm	Pilates	Multi-Purpose Room	Alyssa Matney
Mon.				
1 hr.	6:30pm	Circuit Weights	Weight Room	Amy Kim
1 hr.	7:30pm	Yoga	Multi-Purpose Room	Caroline Sudbeck
Tues.				
1 hr.	6pm	Zumba Toning	Back Alley	Sarah Borrell
Wed.				
1 hr.	6:30pm	Circuit Weights	Weight Room	Amy Kim
1 hr.	8pm	Yoga	Multi-Purpose Room	Sneha Acharya
Thurs				
30 min	12:15pm	Fac/Staff Circuit Weights	Weight Room	Maggie Oberg
1 hr.	7:30pm	Yoga Sculpt	Multi-Purpose Room	Allison Burmeister
1 hr.	8:30pm	Hydrofit	Pool	Nacho Larios
Fri.				
30 min.	7am	Hardcore Abs	Multi-Purpose Room	Grace Kelly