

# Spring 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	Brooklyn Townsend
1 hr.	7pm	Hydrofit	Pool	Hannah Churchill
Mon.				
30 min.	3:30pm	Running Club	Ole Statue	Morgan Pederson
1 hr.	6:30pm	Circuit Weights	Weight Room	Annika Tordsen
1 hr.	7:30pm	Yoga	Multi-Purpose Room	Caroline Sudbeck
Tues.				
1 hr.	6pm	Zumba Toning	Back Alley	Sarah Borrell
45 min.	7pm	Pilates	Multi-Purpose Room	Mia Fank
Wed.				
1 hr.	6:30pm	Circuit Weights	Weight Room	Annika Tordsen
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	Emma Ostwinkle
Fri.				
30 min.	7am	Hardcore Abs	Multi-Purpose Room	Lili Sampson