

FITNESS CLASS SCHEDULE

FALL 2017: August 21st – December 8th

FITNESS STATE GYM - ROOM 1218							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-5:45pm	Core Strength <i>Lauren</i>	HIIT Strength <i>Paige</i>	Core Strength <i>Chloe</i>	HIIT Strength <i>Muriel</i>			
6:00-6:50pm	Cardio Dance <i>Lauren</i>	Insanity LIVE <i>Muriel</i>	Cardio Dance <i>Chloe</i>	Insanity LIVE <i>Muriel</i>			
7:15-7:45pm		Core Strength <i>Tori</i>		Core Strength <i>Tori</i>			

FITNESS STATE GYM – ROOM 2218							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20am	Yoga Flow <i>Brooke S.</i>		Yoga Flow <i>Brooke S.</i>				
7:00-7:50am		Sunrise Yoga <i>Megan S.</i>		Sunrise Yoga <i>Megan S.</i>			
9:00-9:50am						Zumba <i>Sherly</i>	
10:00-11:15am						Yoga Flow <i>Andrew</i>	
12:10-12:50pm	Fitness Yoga <i>Cat</i>	Wellness Yoga <i>Nora</i>	Cardio Dance <i>Lauren</i>	Wellness Yoga <i>Nora</i>	Yoga Sculpt <i>Carlee</i>		
3:45-4:15pm	HIIT Strength <i>Chloe</i>	Core Strength <i>Kyra</i>	HIIT Strength <i>Ellery</i>	Core Strength <i>Kiley</i>			
4:30-5:20pm	Insanity LIVE <i>Paige</i>	Sculpt & Tone <i>Kyra</i>	Insanity LIVE <i>Amber</i>	Sculpt & Tone <i>Kiley</i>	Cardio Dance <i>Mallory</i>		Zumba <i>Mason</i>
5:30-6:20pm	Hip Hop <i>Whitnie</i>	Cardio Dance <i>Kaitlin</i>	Zumba <i>Sherly</i>	Hip Hop <i>Brooke</i>			Pilates <i>Corrine</i>
6:30-7:20pm	Sculpt & Tone <i>Rebecca</i>	Jump Fitness <i>Kiley</i>	Sculpt & Tone <i>Corrine</i>	Jump Fitness <i>Katie</i>			
7:30-8:20pm	Insanity LIVE <i>Abby</i>	Cardio Kickboxing <i>Carlee</i>	Insanity LIVE <i>Kiley</i>	Cardio Dance <i>Mallory</i>			
8:30-9:20pm	Jazzercise <i>Brianna</i>	Zumba <i>Mason</i>	Cardio Dance <i>Leah</i>	Zumba <i>Mason</i>			

FUNCTIONAL BEYER – ROOM 2420 (LIMIT 18)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-10:50am						Boot Camp <i>Cece</i>	
12:10-12:50pm	Functional Strength <i>Mitch/Lindsey</i>	Cardio Circuit <i>Autumn/Ashley A.</i>	Functional Strength <i>Mitch/Sophia</i>	Cardio Circuit <i>Cece/Ashley A.</i>	Functional Strength <i>Ashley A./Lindsey</i>		
4:30-5:20pm	Boot Camp <i>Kiley</i>	Functional Strength <i>Katie</i>	Boot Camp <i>Cece</i>	Functional Strength <i>Kassidy</i>			
5:30-6:20pm	Cross Training Fitness <i>Paige/Taylor</i>	Cross Training Fitness <i>Justin/Katie</i>	Cross Training Fitness <i>Paige/Cece</i>	Cross Training Fitness <i>Justin/Taylor</i>			

CYCLING STATE GYM – ROOM 2185 (LIMIT 20)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20am	Cycle Fit <i>Abrah</i>		Cycle Fit <i>Amber</i>				
12:10-12:50pm		Cycle Fit <i>Ellery</i>		Cycle Fit <i>Sophia</i>			
4:15-5:05pm					Cycle Fit <i>Katie</i>		
5:15-6:05pm	Cycle Fit <i>Cece</i>	Cycle Fit <i>Brooke G.</i>	Cycle Fit <i>Ashley J.</i>	Cycle Fit <i>Amber</i>			Cycle Fit <i>Amber</i>
6:15-7:05pm	Cycle Fit <i>Tori</i>	Cycle Fit <i>Tori</i>	Cycle Fit <i>Ashlyn</i>	Cycle Fit <i>Tori</i>			

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AQUA STATE GYM POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm	Aqua Circuit <i>Leah</i>		Aqua Circuit <i>Kylee</i>		Aqua Circuit <i>Corrine</i>		
5:30-6:20pm	Aqua Deep <i>Hanna</i>	Vortex <i>Ashlyn</i>	Aqua Deep <i>Alexa</i>	Vortex <i>Haley</i>			
MIND/BODY STATE GYM - ROOM 2112 FITNESS SUITE (LIMIT 20)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10-12:50pm			Mindful Meditation <i>Varies</i>		Yoga For Stress <i>Nora</i>		
5:15-6:05pm	Yoga Flow <i>Tasha</i>	Fitness Yoga <i>Cat</i>	Yoga Flow <i>Tasha</i>	Fitness Yoga <i>Aly</i>			
6:15-7:05pm	Yoga Sculpt <i>Ashley S.</i>	Yoga Strength <i>Aly</i>	Yoga Sculpt <i>Meg R.</i>	Yoga Strength <i>Andrew</i>			
6:30-7:45pm							Mindful Yoga <i>Meg R.</i>
PILATES/BARRE STATE GYM - ROOM 2121 FITNESS SUITE (LIMIT 15)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50am	Barre <i>Meg W.</i>		Barre <i>Meg W.</i>				
12:10-12:50pm	Pilates <i>Amber</i>	Barre <i>Kiley</i>	Pilates <i>Rebecca</i>	Barre <i>Erin</i>	Pilates <i>Hanna</i>		
3:30-4:20pm					Barre <i>Ashley J.</i>		
4:30-5:20pm	Barre <i>Meg W.</i>	Pilates <i>Kaitlin</i>	Barre <i>Erin</i>	Pilates <i>Genny</i>			
5:30-6:20pm	Pilates <i>Bonnie</i>	Barre <i>Carlee</i>	Pilates <i>Bonnie</i>	Barre <i>Cat</i>			
6:30-7:20pm	Barre <i>Abby</i>	Pilates <i>Carlee</i>	Barre <i>Kiley</i>	Pilates <i>Kaitlin</i>			Barre <i>Genny</i>
BOXING LIED RECREATION ATHLETIC CENTER - RACQUETBALL COURT 9 (LIMIT 20)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20am		Boxing Circuit <i>Kyra/Abrah</i>		Boxing Circuit <i>Kyra/Abrah</i>			
4:30-5:20pm	Boxing Circuit <i>Ashley J./Kylee</i>		Boxing Circuit <i>Carlee/Kassidy</i>				
5:30-6:20pm	Boxing Circuit <i>Ashley J./Kylee</i>	Boxing Circuit <i>Taylor/Hanna</i>	Boxing Circuit <i>Carlee/Kassidy</i>	Boxing Circuit <i>Paige/Leah</i>			
6:30-7:20pm		Boxing Circuit <i>Taylor/Mallory</i>		Boxing Circuit <i>Paige/Leah</i>			

Classes are subject to change.
Classes are free to students and Rec Pass holders.
No registration required.

There will be no classes on Labor Day (Monday, Sept. 4th) or during Fall Break (beginning Friday, Nov. 17th through Sunday, Nov. 26th).