

# FINALS WEEK FITNESS SCHEDULE

**Saturday, April 28th – Friday, May 4th**

<b>FITNESS STATE GYM – ROOM 2218</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:50am				Sunrise Yoga <i>Brooke S.</i>			
10:00-10:50am	Zumba <i>Sherly</i>						
11:00-11:50am	Yoga Flow <i>Tasha</i>						
12:10-12:50pm			Fitness Yoga <i>Ashley A.</i>	Wellness Yoga <i>Nora</i>	Fitness Yoga <i>Robbe</i>	Wellness Yoga <i>Nora</i>	
4:30-5:20pm			Sculpt & Tone <i>Rebecca</i>				
5:30-6:20pm			Hip Hop <i>Whitnie</i>				
6:30-7:20pm				Sculpt & Tone <i>Corrine</i>	Jump Fitness <i>Kiley S.</i>		
7:30-8:20pm			Cardio Kickboxing <i>Lindsey</i>	Cardio Kickboxing <i>Kassidy</i>			
8:30-9:20pm			Jazzercise <i>Brianna</i>	Zumba <i>Mason</i>			
<b>FUNCTIONAL BEYER – ROOM 2420 (LIMIT 18)</b>							
	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:50am	Boot Camp <i>Justin</i>						
12:10-12:50pm			Cardio Circuit <i>Cece G.</i>		Functional Strength <i>Andrea</i>		Functional Strength <i>Kassidy</i>
5:30-6:20pm			Cross Training Fitness <i>Paige/Owen</i>	Cross Training Fitness <i>Justin/Lizzie</i>	Cross Training Fitness <i>Paige/Owen</i>	Cross Training Fitness <i>Justin/Taylor</i>	
<b>CYCLING STATE GYM – ROOM 2185 (LIMIT 20)</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:10-12:50pm				Cycle Fit <i>Ashley J.</i>		Cycle Fit <i>Ashley A.</i>	
5:15-6:05pm		Cycle Fit <i>Amber</i>	Cycle Fit <i>Tori</i>	Cycle Fit <i>Amber</i>	Cycle Fit <i>Tori</i>	Cycle Fit <i>Amber</i>	
6:15-7:05pm				Cycle Fit <i>Ashley J.</i>	Cycle Fit <i>Katie</i>		
<b>AQUA STATE GYM POOL</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:20pm			Aqua Deep <i>Alexa</i>		Aqua Deep <i>Alexa</i>		

# FINALS WEEK FITNESS SCHEDULE

**Saturday, April 28th – Friday, May 4th**

<b>MIND/BODY STATE GYM - ROOM 2112 FITNESS SUITE (LIMIT 20)</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15-5:05pm			Fitness Yoga <i>Nicole</i>				
5:15-6:05pm			Yoga Flow <i>Abbey</i>	Yoga Flow <i>Brenna</i>	Yoga Flow <i>Tasha</i>		
6:15-7:05pm		Yoga Flow <i>Danielle</i>		Yoga Flow <i>Abbey</i>	Fitness Yoga <i>Cat</i>		
<b>PILATES/BARRE STATE GYM - ROOM 2121 FITNESS SUITE (LIMIT 15)</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:20pm			Barre <i>Sommer</i>		Barre <i>Amber</i>		
5:30-6:20pm			Pilates <i>Olivia</i>	Barre <i>Carlee</i>			
6:30-7:20pm		Barre <i>Kiley S</i>	Barre <i>Abby</i>		Barre <i>Muriel</i>		
<b>BOXING LIED RECREATION ATHLETIC CENTER - RACQUETBALL COURT 9 (LIMIT 20)</b>							
TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:20pm			Boxing Circuit <i>Hanna/Kylee</i>	Boxing Circuit <i>Paige/Taylor</i>	Boxing Circuit <i>Kassidy/Hanna</i>		

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

**Last Updated: 4/23/2018**