

# FINALS WEEK FITNESS SCHEDULE

**FALL 2018: December 8<sup>th</sup> – December 14<sup>th</sup>**

FITNESS CLASS SCHEDULE		FALL 2018 FINALS WEEK			STATE GYM, BEYER HALL, & LIED REC		
WEEKEND (12/8-12/9)		TIME	MONDAY (12/10)	TUESDAY (12/11)	WEDNESDAY (12/12)	THURSDAY (12/13)	FRIDAY (12/14)
		6:30-7:20am			Boxing Circuit <i>Lied Boxing Studio</i>		
<b>SATURDAY (12/8)</b>		7:00-7:50am	Sunrise Yoga <i>State Gym 2218</i>	Sunrise Yoga <i>State Gym 2218</i>	Sunrise Yoga <i>State Gym 2218</i>	Sunrise Yoga <i>State Gym 2218</i>	
9:00-9:50am	Yoga <i>State Gym 2218</i>	11:10-11:50am		Barre <i>State Gym 2121</i>		Barre <i>State Gym 2121</i>	
9:00-10:00am	Pedal & Pulse <i>State Gym 2185</i>	12:10-12:50pm	Cyclone Circuit <i>Beyer Hall 2420</i>	Wellness Yoga <i>State Gym 2218</i>	Cyclone Circuit <i>Beyer Hall 2420</i>	Wellness Yoga <i>State Gym 2218</i>	Cyclone Circuit <i>Beyer Hall 2420</i>
10:00-10:50am	Zumba <i>State Gym 2218</i>	12:10-12:50pm		CyZone+ <i>State Gym 2185</i>		CyZone+ <i>State Gym 2185.</i>	
10:00-10:50am	Boot Camp <i>Beyer Hall 2420</i>	12:10-12:50pm	Barre <i>State Gym 2121</i>	Barre <i>State Gym 2121</i>		Barre <i>State Gym 2121</i>	Pilates <i>State Gym 2121</i>
		12:10-12:50pm		Mindful Meditation <i>State Gym 2112</i>			
		4:15-5:05pm	Cycle Fit <i>State Gym 2185</i>		Cycle Fit <i>State Gym 2185</i>		
<b>SUNDAY (12/9)</b>		4:30-5:20pm	Barre <i>State Gym 2121</i>		Barre <i>State Gym 2121</i>		
5:30-6:20pm	Pilates <i>State Gym 2218</i>	5:15-6:05pm	Cycle Fit <i>State Gym 2185</i>	CyZone+ <i>State Gym 2185</i>	Cycle Fit <i>State Gym 2185</i>	CyZone+ <i>State Gym 2185</i>	
6:15-7:05pm	CyZone+ <i>State Gym 2185</i>	5:15-6:05pm	Yoga Flow <i>State Gym 2112</i>	Yoga Flow <i>State Gym 2112</i>	Yoga <i>State Gym 2112</i>		
6:15-7:05pm	Yoga Flow <i>State Gym 2112</i>	5:30-6:20pm	Pilates <i>State Gym 2121</i>	Barre <i>State Gym 2121</i>	Pilates <i>State Gym 2121</i>	Barre <i>State Gym 2121</i>	
6:30-7:20pm	Barre <i>State Gym 2121</i>	5:30-6:20pm	Cross Training Fitness <i>Beyer Hall 2420</i>	Cross Training Fitness <i>Beyer Hall 2420</i>	Cross Training Fitness <i>Beyer Hall 2420</i>	Cross Training Fitness <i>Beyer Hall 2420</i>	
6:30-7:20pm	Zumba <i>State Gym 2218</i>	5:30-6:20pm	Hip Hop <i>State Gym 2218</i>	Jump Fitness <i>State Gym 2218</i>			
		5:30-6:20pm	Kettlebells <i>State Gym 1218</i>		Kettlebells <i>State Gym 1218</i>		
		5:30-6:20pm	Boxing Circuit <i>Lied Boxing Studio</i>	Boxing Circuit <i>Lied Boxing Studio</i>			
		6:15-7:05pm			CyZone+ <i>State Gym 2185</i>		
		6:30-7:20pm	Barre <i>State Gym 2121</i>		Barre <i>State Gym 2121</i>		
		6:30-7:20pm	Jump Fitness <i>State Gym 2218</i>	Sculpt & Tone <i>State Gym 2218</i>	Jump Fitness <i>State Gym 2218</i>		
		7:15-8:05pm		Yoga Flow <i>State Gym 2112</i>			
		7:30-8:20pm	Barre <i>State Gym 2121</i>	Barre <i>State Gym 2121</i>			
		8:30-9:20pm			Zumba <i>State Gym 2218</i>		

**Classes are subject to change. Classes are free to students and Rec Membership holders. Registration is required via our website and is open 3 days prior to the start of each class.**

**Last Updated: 12/3/2018**