

FALL
2022

GROUP FITNESS

AUGUST 22ND, 2022 - DECEMBER 9TH, 2022

MON	TUE	WED	THU	FRI
CYCLE CIRCUIT (CARDIO) 6:15 AM - 7:15 AM LGF	CYCLE (CARDIO) 9:15 AM - 10:15 AM LGF	CYCLE CIRCUIT (CARDIO) 6:15 AM - 7:15 AM LGF	CYCLE (CARDIO) 9:15 AM - 10:15 AM LGF	RIDE & RELAX (MIXED FORMAT) 6:15 AM - 7:15 AM LGF
ENDURANCE (YOGA) 8:30 AM - 9:30 AM LGF		TRX BODY TRANSFORMATION (MIXED FORMAT) 9:15 AM - 10:15 AM SYNRGY		
FIT45 (MIXED FORMAT) 12:15 PM - 1:00 PM SYNRGY	HIIT (MIXED FORMAT) 12:15 PM - 1:00 PM LGF	FIT45 (MIXED FORMAT) 12:15 PM - 1:00 PM SYNRGY	HIIT (MIXED FORMAT) 12:15 PM - 1:00 PM LGF	FIT45 (MIXED FORMAT) 12:15 PM - 1:00 PM SYNRGY
BLAST & BURN (STRENGTH) 4:00 PM - 5:00 PM UGF	BOXFIT (MIXED FORMAT) 2:00 PM - 3:00 PM LGF			
STRETCH & CORE (CORE/FLEXIBILITY) 4:00 PM - 5:00 PM LGF	BOOTCAMP (STRENGTH) 4:00 PM - 5:00 PM UGF	MOBILITY FLOW (CORE/FLEXIBILITY) 3:00 PM - 4:00 PM LGF		
FUNDAMENTALS OF EXERCISE (MIXED FORMAT) 5:30 PM - 6:30 PM LGF	BEGINNER (YOGA) 6:15 PM - 7:15 PM LGF		BEGINNER (YOGA) 6:15 PM - 7:15 PM LGF	

LGF - LOWER GROUP FIT 106

UGF - UPPER GROUP FIT 201

SYNRGY - NEXT TO THE CLIMBING WALL

**FIT
PASS**

EARLY BIRD:
\$30/SEMESTER \$55/YEARLY
ENDS SEPT. 16TH



The FitPass gives students **UNLIMITED** access to ALL classes for the semester!