

FALL  
2022

# GROUP FITNESS

SEPTEMBER 19TH, 2022 - DECEMBER 9TH, 2022

MON

TUE

WED

THU

FRI

**CYCLE CIRCUIT**  
(MIXED FORMAT)  
6:15 AM - 7:15 AM  
LGF

**CYCLE**  
(CARDIO)  
8:45 AM - 9:45 AM  
LGF

**CYCLE CIRCUIT**  
(MIXED FORMAT)  
6:15 AM - 7:15 AM  
LGF

**CYCLE**  
(CARDIO)  
8:45 AM - 9:15 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

**MOBILITY FLOW**  
(CORE/FLEXIBILITY)  
3:00 PM - 4:00 PM  
LGF



**STRETCH & CORE**  
(CORE/FLEXIBILITY)  
4:00 PM - 5:00 PM  
LGF



**FUNCTIONAL FIT**  
(MIXED FORMAT)  
4:00 PM - 4:45 PM  
LGF

**FUNDAMENTALS  
OF EXERCISE**  
(MIXED FORMAT)  
5:30 PM - 6:30 PM  
LGF

**BEGINNER**  
(YOGA)  
6:15 PM - 7:15 PM  
LGF

**YOGA SCULPT**  
(YOGA)  
5:00 PM - 6:00 PM  
LGF

**BEGINNER**  
(YOGA)  
6:15 PM - 7:15 PM  
LGF

**YOGA SCULPT**  
(YOGA)  
5:00 PM - 6:00 PM  
LGF

LGF - LOWER GROUP FIT 106

UGF - UPPER GROUP FIT 201

SYNRGY - NEXT TO THE CLIMBING WALL

**FIT  
PASS**

**\$40/SEMESTER  
\$70/YEARLY**

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