

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



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

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

VINYASA YOGA
(YOGA)
5:00 PM - 6:00 PM
LGF

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

VINYASA YOGA
(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!