

FALL BREAK: MODIFIED SCHEDULE
Friday, Oct. 11th - Tuesday, Oct. 15th

Location Key:

Wilson 110

Wilson 125

Wilson Cycling Studio

Wilson Functional Training

Brodie Multipurpose Room

GROUP FITNESS SCHEDULE

FRIDAY Oct. 11th	SATURDAY Oct. 12th	SUNDAY Oct. 13th	MONDAY Oct. 14th	TUESDAY Oct. 15
Cycle 9:00am McKenna	Cycle 9:30am McKenna	Rhythm HIIT 11:00am Eliza	Cycle 9:00am McKenna	Yoga 7:00am Paige
Yoga 12:00pm Crystal		Stretch & Recovery** 12:00pm Eliza	Cycle 5:30pm Taylor	Pilates Barr 12:00pm Crystal
XTrain 12:00pm Amanda			Cycle 6:30pm Matt	Cardio Kickboxing 5:15 pm Jesse
Cycle 5:30pm Matt				Cycle 5:30pm Taylor
				Absolutely 6:15pm Anna
<p><u>Schedule subject to change.</u></p> <p>Visit MyRec to register and view up to date offerings.</p> <ul style="list-style-type: none"> • Register for all classes within 48 hours of each class. • All Group Fitness classes are FREE for Rec & P.E. Members. • All classes include modifications for all fitness levels. • All classes are 45 minutes unless marked "***" Express (30minutes). 				Cycle 6:30pm Megan