

FALL 2024
Aug. 26th - Dec. 6th

Location Key:

Wilson 110

Wilson 125

Wilson Cycling Studio

Wilson Functional Training

Brodie Multipurpose Room

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30am Lia	Cycle 6:00am Emma	Cycle 6:30am Lia	Cycle 6:00am Emma	Cycle 6:30am Lia	Cycle 9:30am McKenna	Rhythm HIIT 11:00am Eliza
Cycle 9:00am McKenna	Yoga 7:00am Paige	Cycle 9:00am Olivia P.	Yoga 7:00am Paige	Cycle 9:00am McKenna	Pilates 10:00am Stacy	**Stretch & Recovery 12:00pm Eliza
Yoga & Core 12:00pm David	Pilates Barr 12:00pm Crystal	Yoga & Core 12:00pm David	Pilates Barr 12:00pm Crystal	Yoga 12:00pm Crystal		Cycle 12:00pm Olivia P.
XTrain 3:00pm Natalie	Yoga 5:15pm Ava	Pilates Barr 5:15pm Linnea	Rhythm HIIT 5:15pm Kelsey	XTrain 12:00pm Amanda		Yoga & Core 3:30pm David
Pilates Barr 5:15pm Linnea	Cardio Kickboxing 5:15pm Jesse	Strength & Sculpt 5:15pm Bianca	Cycle 5:30pm Taylor	Indian Dance 3:00pm Sriprada		
Cardio Dance 5:15pm Hana	Absolutely 6:15pm Anna	Pilates 5:15pm Ava	Hip Hop 6:15pm Casey	Cycle 5:30pm Matt		
Muscle Pump 5:15pm Natalie	Yoga & Core 5:15pm David	Cycle 5:30pm McKenna	Dance Cardio 6:15pm Anna			
Cycle 5:30pm Taylor	Cycle 5:30pm Taylor	Vinyasa Yoga 6:15pm Jesse	Cycle 6:30pm Megan			
Vinyasa Yoga 6:15pm Claire	XTrain 5:30pm Amanda	Hip Hop 6:15pm Casey				
Cycle 6:30pm Matt	Cycle 6:30pm Megan	Cardio Kickboxing 6:15pm Stacy				
		Cycle 6:30pm Matt				

Schedule subject to change.

Visit [MyRec](#) to register and view up to date offerings.

- 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).