

Group Exercise Schedule

WELLNESS AND RECREATION

August 26 - November 22

	MON	TUE	WED	THUR	FRI
8:00-9:00	BodyWorX w. Frankie (Virtual)			Core and Strength Yoga w. Cimone BodyWorX w. Frankie (Virtual)	Power Flow Yoga w. Cimone
9:00-10:00		Yoga w. Cimone			
10:00-11:00					
11:00-12:00	Strength Training w. Allan		Strength Training w. Allan		
12:00-1:00	Hatter Tracks Walk w. Caitlyn		Foundation of Strength Training w. Allan		
1:00-2:00					
2:00-3:00		Strength Training w. Allan			
3:00-4:00		Foundation of Strength Training w. Allan			
4:00 - 5:00			Hatter Tracks Walk w. Caitlyn		
5:00 - 6:00	Spin w. Lauren	Spin w. Lauren		Beginner Flow Yoga w. Emily Spin w. Kristee	
6:00 - 7:00	Dance Fitness w. Jess				
7:00 - 8:00		Zumba w. Kristee			

Classes held in Studio 1

Class held in Cardio Strength Room

Class held in Studio 2

Class begins in front of Hollis Center

All classes are FREE for students. BodyWorX class has a small fee for Faculty & Staff participants. You may register up to 48 hours in advance via the Wellness and Rec app or in person at the Hollis Center. When you arrive for class you MUST check in at the Front Desk.

