

Group Fitness Schedule

AUG 25TH - DEC 5TH

MONDAY

STUDIO 1

5:30-6:30p Spin

STUDIO 2

3:00-3:50p Butts
& Guts

5:00-5:50p
Fusion Flow
Dance

6:00-6:50p Hip-
Hop

LOUNGE

8:00-8:50a Gym
Intro
5:00-5:50p
Strength &
Stretch

HOLLIS CENTER ENTRANCE

4:00-5:00p
Hatter Tracks

ZOOM

8:30-9:00a
BodyWorX

TUESDAY

STUDIO 1

8:00-8:50a Spin

STUDIO 2

4:00-4:50p
Striking Hatter-
Self Defense

5:00-5:50p
Strength & Stretch

6:00-6:50p
Hip-Hop

7:00-7:50p
Zumba

LOUNGE

8:00-8:50a
Foundations of
Strength
Training

9:00-9:50a
Strength
Endurance
Training

WEDNESDAY

STUDIO 1

5:30-6:30p Spin

STUDIO 2

8:00-8:50a Yoga

4:00-4:50p
Mat Pilates

5:00-5:50pm
Cardio Dance
Fitness

HOLLIS CENTER

ENTRANCE
4:00-5:00p
Hatter Tracks

THURSDAY

STUDIO 1

5:30-6:20p Spin

STUDIO 2

4:00-4:50p
Striking Hatters
- Self Defense

6:15-7:00p
Yoga in Aerial
Arts

LOUNGE

8:00-8:50a
Foundations of
Strength
Training

9:00-9:50a
Strength
Endurance
Training

FRIDAY

STUDIO 2

10:00-10:50a
HIIT

11:00-11:50a
Yoga in
Aerial Arts

All classes are FREE for students. BodyWorX class has a small fee for Faculty & Staff participants. You may register up to 7 days 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.