

# Group Fitness Schedule

JAN 21ST - MAY 2ND

## MONDAY

### STUDIO 1

6:00-6:50p Spin

### STUDIO 2

9:00-9:50a Yoga

5:00-5:50p Cardio

Dance Fitness

6:00-6:50p Hip-Hop

### LOUNGE

11:00-11:50a Strength  
Endurance Training

12:00-12:50p

Foundations of  
Strength Training

5:00-5:50p Strength &  
Stretch

### HOLLIS CENTER ENTRANCE

11:00a-12:00p Hatter  
Tracks

### ZOOM

8:30-9:00a

BodyWorX

## TUESDAY

### STUDIO 2

5:00-5:50p Strength  
& Stretch

6:00-6:50p Hip-Hop

7:00-7:50p Zumba

### LOUNGE

3:00-3:50p  
Foundations of  
Strength Training

### HOLLIS CENTER ENTRANCE

11:30a-12:30p Hatter  
Tracks

## WEDNESDAY

### STUDIO 1

6:00-6:50p Spin

### STUDIO 2

8:30-9:30a Yoga

### LOUNGE

11:00-11:50a Strength  
Endurance Training

12:00-12:50p  
Foundations of  
Strength Training

### HOLLIS CENTER ENTRANCE

10:00-11:00a Hatter  
Tracks

## THURSDAY

### STUDIO 1

5:30-6:20p Spin

### STUDIO 2

9:00-9:50a Yoga in  
Aerial Arts

5:00-5:50p Beginner  
Flow Yoga

### ZOOM

8:30-9:00a

BodyWorX

## FRIDAY

### STUDIO 2

9:00-9:50a Power  
Flow Yoga

12:00-12:50a Yoga  
in Aerial Arts

1:00-1:50p Cardio  
Dance Fitness

All classes are FREE for students. BodyWorX class has a small fee for Faculty & Staff participants. You may register up to 48 hrs 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.