

GROUP FITNESS

CLASS SCHEDULE FROM MONDAY, JAN. 15 - SATURDAY, MAY. 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ZUMBA <i>Isabel</i> 8 - 8:50 a.m.	BARBELL STRENGTH <i>Isabel</i> 8 - 8:50 a.m.	ZUMBA <i>Isabel</i> 8 - 8:50 a.m.		CYCLE <i>Monica</i> 8:30 - 9:30 a.m.
BOOTCAMP <i>Diane</i> 9 - 10 a.m.	CIRCUIT <i>Diane</i> 9 - 10 a.m.	BOOTCAMP <i>Diane</i> 9 - 10 a.m.	YOGA <i>April</i> 9 - 10 a.m.	BOOTCAMP <i>Diane</i> 9 - 10 a.m.	
AOA <i>Diane</i> 10:15 - 11:15 a.m.	TAI-CHI CHUAN <i>Katy</i> 10:15 - 11:15 a.m.	AOA <i>Active Older Adults</i> <i>Diane</i> 10:15 - 11:15 a.m.	TAI-CHI CHUAN <i>Katy</i> 10:15 - 11:15 a.m.	AOA <i>Active Older Adults</i> <i>Diane</i> 10:15 - 11:15 a.m.	
BOXING <i>Tyrone</i> 12:15 - 1 p.m.	BANDKAMP EXPRESS <i>Lisa</i> 12 - 12:30 p.m.	BOXING <i>Tyrone</i> 12:15 - 1 p.m.	BANDKAMP EXPRESS <i>Lisa</i> 10:15 - 10:45 a.m.		
	YOGA <i>April</i> 3:30 - 4:30 p.m.		CARDIO BOXING <i>Tyrone</i> 12:15 - 1 p.m.	KICKBOXING <i>Tyrone</i> 12:15 - 1 p.m.	KEY MP1 MP2 MAC GYM
FREE WEIGHT HIIT <i>William</i> 5 - 6 p.m.	BODYWEIGHT HIIT <i>William</i> 5 - 6 p.m.	TOTAL BODY <i>Armando</i> 5 - 5:45 p.m.	TOTAL BODY <i>Armando</i> 5 - 5:45 p.m.	Student Price: With membership Non-student Member Price: With membership	
CYCLE <i>Monica</i> 5:30 - 6:15 p.m.	PILATES <i>Monica</i> 5:30 - 6:30 p.m.	YOGA <i>April</i> 5:30 - 6:30 p.m.	PILATES <i>Monica</i> 5:30 - 6:30 p.m.		
CARDIO KETTLEBELL <i>Mat</i> 7:00 - 7:45p.m.		TAI-CHI CHUAN <i>Katy</i> 6:45 - 7:45 p.m.	CARDIO KETTLEBELL <i>Mat</i> 6:30 - 7:15 p.m.		
		DECOMPRESS <i>Mat</i> 6:45 - 7:30 p.m.			

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Any individual requiring an accommodation in order to participate in this event will need to contact Campus Recreation and Wellness at 281.283.2330 or via email at CampusRecreation@uhcl.edu prior to the event