

# GROUP FITNESS

CLASS SCHEDULE FROM MONDAY, MARCH. 11 - SATURDAY, MAY 11

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

Student Price: **With membership**  
Non-student Member Price: **With membership**

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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](mailto:CampusRecreation@uhcl.edu) prior to the event