

# GROUP FITNESS

CLASS SCHEDULE FROM MONDAY, OCT. 2 - SATURDAY, DEC. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>ZUMBA</b> <i>Isabel</i> 8 - 8:45 a.m.	<b>BARBELL STRENGTH</b> <i>Isabel</i> 8 - 8:45 a.m.	<b>ZUMBA</b> <i>Isabel</i> 8 - 8:45 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>BOOT CAMP</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>STRETCH N ROLL</b> <i>Neil</i> 10 - 11 a.m.
<b>CARDIO KETTLEBELL</b> <i>Matt</i> 11:15 - 12:00 p.m.	<b>CARDIO BOXING</b> <i>Tyrone</i> 12:15 - 1 p.m.	<b>TOTAL BODY</b> <i>Neil</i> 12:15 - 1 p.m.	<b>CARDIO BOXING</b> <i>Tyrone</i> 12:15 - 1 p.m.		
<b>STRETCH N ROLL</b> <i>Neil</i> 3:30 - 4:30 p.m.	<b>YOGA</b> <i>April</i> 3:30 - 4:30 p.m.	<b>YOGA</b> <i>April</i> 5:30 - 6:30 p.m.	<b>TOTAL BODY</b> <i>Armando</i> 4:30 - 5:15 p.m.		
<b>CYCLE EXPRESS</b> <i>Monica</i> 5:30 - 6:15 p.m.	<b>PILATES</b> <i>Monica</i> 5:30 - 6:30 p.m.		<b>PILATES</b> <i>Monica</i> 5:30 - 6:30 p.m.		<b>KEY</b> MP1 MP2 MAC GYM INSIDE TURF
<b>PILATES</b> <i>Monica</i> 6:30 - 7:15 p.m.	<b>ZUMBA</b> <i>Nicole</i> 6:45 - 7:45 p.m.	<b>TAI-CHI CHUAN</b> <i>Katy</i> 6:45 - 7:45 p.m.	<b>STRETCH N ROLL</b> <i>Neil</i> 6:45 - 7:45 p.m.		
<b>BOXING</b> <i>Tyrone</i> 7:30 - 9 p.m.	<b>CARDIO KETTLEBELL</b> <i>Matt</i> 6:45 - 7:30 p.m.	<b>TOTAL BODY</b> <i>Armando</i> 6:45 - 7:30 p.m.			
	<b>HIGH LOW WITH MARGO</b> 6:45 - 7:45 p.m. <b>*STARTS OCT. 10</b>	<b>BOXING</b> <i>Tyrone</i> 7:30 - 9 p.m.	<p>Student Price: <b>With membership</b> Non-student Member Price: <b>With membership</b></p>		

rwconnect.uhcl.edu



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