

UREC Group Fitness Schedule for

Maymester 2015

May 18 - June 12



Mondays

12:15 pm - 1:15 pm
BOSU
GFS

5:30 pm - 6:30 pm
Cardio Dance Party
GFS

Tuesdays

12:15 pm - 1:15 pm
Pilates
GFS

5:30 pm - 6:30 pm
Step
GFS

Wednesdays

12:15 pm - 1:15 pm
Cycle Fitness
CS

5:30 pm - 6:30 pm
Body Sculpt
GFS

Thursdays

12:15 pm - 1:15 pm
Boxing Fitness
GFS

5:30 pm - 6:30 pm
Yoga
GFS

Fridays

12:15 pm - 1:15 pm
20/20/20
GFS