### FALL 2019 GROUP FITNESS
### AUG. 19 - DEC. 7

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 6AM-6:50AM  
SwimFit - Gena - P  
Spin - Carisa - S   | 6AM-6:50AM  
Water Aerobics  
Debbie - P   | 6AM-6:50AM  
SwimFit - Gena - P  
Spin - Bridget - S   | 6AM-6:50AM  
Water Aerobics  
Debbie - P   | 6AM-6:50AM  
Spin - Carisa - S   |
| 6:30AM-7:20AM  
Sunrise Yoga  
Amber - D1   | 9AM-9:50AM  
Yin Yoga - Addison - D2   | 9AM-9:50AM  
Yin Yoga  
Addison - D2   | 6:30AM-7:20AM  
Sunrise Yoga  
Amber - D1   | 6:30AM-7:20AM  
Sunrise Yoga  
Addison - D1   |
| 12:10PM-12:50PM  
Yoga - LaMecia - S2  
Total Body - Presli - D1   | 12:15PM-12:45PM  
BOGA Fit* - Colleen - P   | 11AM-11:45AM  
Mid-Day Meditation  
Aaron - D2   | 12:10PM-12:50PM  
Yoga - Ayri - S2  
Barre - Grace - D1   | 11AM-11:45AM  
Yoga - Aaron - D2   |
| 12:15PM-12:45PM  
BOGA Fit* - Colleen - P   | 4:30PM-5:20PM  
Spin - Jared - S   | 12:10PM-12:50PM  
Yoga - Ayri - S2  
Barre - Grace - D1   | 4:30PM-5:20PM  
PiYo - Kourtney - D2   | 12:10PM-12:50PM  
Strength & Stretch  
Debbie - S2   |
| 5:30PM-6:20PM  
Pilates - Shonda - D1  
Spin - Quinn - S  
Strength & Stretch  
Debbie - S2   | 5:30PM-6:20PM  
Pilates - Shonda - D1  
Spin - Quinn - S  
Cardio Fusion  
Debbie - S2   | 5:30PM-6:20PM  
Pilates - Addison - D1   | 5:30PM-6:20PM  
Pilates - Addison - D1   | 5:30PM-6:30PM  
Advanced Judo  
Jonathan - C   |
| 6:30PM-7:30PM  
Intro to Brazilian Ju Jitzu  
Kerris - C   | 6:30PM-7:30PM  
P90X - Sarah M. - D2  
Hip Hop - Grace - D1   | 6:30PM-7:30PM  
P90X - Sarah M. - D2  
Hip Hop - Grace - D1   | 6:30PM-7:20PM  
P90X - Sarah M. - D2  
Hip Hop - Grace - D1   | 6:30PM-7:20PM  
P90X - Sarah M. - D2  
Hip Hop - Grace - D1   |
| 7:30PM-8:20PM  
Power Yoga - Aaron - D1   | 7:30PM-8:20PM  
Intro to Judo  
Jonathan - C   | 7:30PM-8:20PM  
Intro to Judo  
Jonathan - C   | 7:30PM-8:20PM  
Intro to Judo  
Jonathan - C   |
| 10AM-12PM  
Open Mat Judo  
Jonathan - C   | 10AM-12PM  
Open Mat Judo  
Jonathan - C   | 10AM-12PM  
Open Mat Judo  
Jonathan - C   |
| 8:30AM-9:20AM  
Spin - STAFF - S   | 8:30AM-9:20AM  
Spin - STAFF - S   | 8:30AM-9:20AM  
Spin - STAFF - S   |
| 10AM-12PM  
Open Mat Judo  
Jonathan - C   |
| 5:30PM-6:20PM  
Spin - STAFF - S   |
| 5:30PM-6:20PM  
Spin - STAFF - S   |

*BOGA Fit ends October 11, 2019

Spin, Boga Fit and TRX require a pass to participate. Passes are available at the Front Desk for free 30 minutes prior to class time. Class sizes are limited.

**Colvin Recreation Center**
- C = Combatives, D1 = Dance 1, D2 = Dance 2, S = Spin
- PS = Performance Studio, P = Indoor Pool

**Seretean Wellness Center**
- S1 = Studio 1
- S2 = Studio 2

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**DISCOVER WELLNESS**

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