



Spring '22 Group Fitness Schedule

Monday	8am: Yoga – Kenny (Studio C) Noon: Pilates – Hanzade (Studio C) 5pm: Yoga – Kenny (Studio B) 5:30-6:30 PM TRX with Sarah (Studio C)
Tuesday	8am: Yoga – Kenny (Studio C) 8am: WoW – Ally (Fitness Center) Noon: Cycle – Shannon (Studio A) 12:15pm: HtW – Blake (Fitness Center) 6pm: Circuits – Sahar (Studio C)
Wednesday	11:15am: Zumba with Dani (Studio B) 11:30am: Circuits with Gracie (Studio C) 2pm: Yoga – Kenny (Studio C) 5:30-6:30 PM TRX with Sarah (Studio C)
Thursday	8am: WoW – Ally (Fitness Center) Noon: Cycle – Shannon (Studio A) 5:15pm: Pilates – Hanzade (Studio B) 6pm: Circuits – Sahar (Studio C)
Friday	12:45 PM Pilates with Hanzade (Studio C)

Please register for classes* on [IMLeagues.com](https://www.imleagues.com)

*Classes are subject to change

Classes are **FREE** for students!

Fac/Staff/Guest: Membership and Group Exercise Pass
purchase is required



@WrightStRec