

Group Fitness Schedule

Block 2

All classes are offered in the Multi-Purpose Room located in the Adam F. Press Fitness Center, unless otherwise noted.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--------|---|----------------------------|-----------------------------------|----------------------------|------------------------------|
| 7:15 - 8:15 am | | Sunrise Yoga <i>Maddi</i> | Sculpt Yoga <i>Fran</i> | Sunrise Yoga <i>Gracie</i> | Sculpt Yoga <i>Fran</i> | Sunrise Yoga <i>Helen</i> |
| 7:00 - 8:00 am | | Boot Camp (Strength Floor/Gym) <i>Wes</i> | | Boot Camp (Strength Floor/Gym) | | |

- < *Class formats aim to serve all ability and skill levels; however, you should always consult your physician prior to starting any exercise program.*
- < *Classes start the first Tuesday of the block and are not offered during the 4th week of the block.*
- < ***No Bootcamp or Fit 4 Life Classes on Friday, October 4th*