

# NEW YEAR NEW YOU

JANUARY 20<sup>TH</sup> — FEBRUARY 17<sup>TH</sup>

Free for Students & Faculty

## MONDAY

### Strength & Tone

Training Studio  
Melissa  
9:15–10:00 am

### Power Yoga

Dance Studio  
Tiina  
4:00–5:00 pm

### Insanity 30

Training Studio  
Rachel  
4:00–4:30 pm

### Ult. UpperBody

Training Studio  
Rachel  
4:45–5:15 pm

### Zumba

Dance Studio  
Whitney  
5:15–6:15 pm

### Cycle 30

Training Studio  
Shanay  
5:30–6:00 pm

### Butts & Guts

Training Studio  
Shanay  
6:15–7:00 pm

### Yoga

Dance Studio  
6:30–7:30 pm  
Katherine

### Power Abs

Training Studio  
Joe'l  
7:15–7:45 pm

### X Fit 30

Training Studio  
Joe'l  
8:00–8:30 pm

### POP Pilates

Training Studio  
Nicole  
7:45–8:30pm

## TUESDAY

### BOSU Blast

Training Studio  
Erin  
4:15– 5:00pm

### Strength & Tone

Training Studio  
Paige  
5:15–6:15 pm

### Turbokick

Dance Studio  
Erin  
5:15–6:00 pm

### PiYo

Dance Studio  
Courtney  
6:15–7:00 pm

### Insanity

Training Studio  
Rachel  
6:30 –7:30 pm

### Zumba

Dance Studio  
Hayden  
7:15–8:15 pm

### Cycle & Strength

Training Studio  
Shanay  
7:45–8:30 pm

## WEDNESDAY

### PiYo

Training Studio  
Courtney  
9:15–10:00 am

### Insanity 30

Training Studio  
Rachel  
4:00– 4:30 pm

### Turbokick

Dance Studio  
Melissa  
4:00–5:00 pm

### Ult. UpperBody

Training Studio  
Rachel  
4:45– 5:15 pm

### Funkie Fusion

Dance Studio  
Brooke  
5:15–6:15 pm

### Cycle 30

Training Studio  
Shelbi  
5:30– 6:00 pm

### Power Abs

Training Studio  
Joe'l  
6:15–6:45 pm

### Yoga

Dance Studio  
Katherine  
6:30–7:30 pm

### X Fit

Training Studio  
Joe'l  
7:00–7:30 pm

### Zumba

Dance Studio  
Whitney  
7:45–8:45 pm

## THURSDAY

### PiYo

Training Studio  
Erin  
4:00– 5:00 pm

### Barre

Dance Studio  
Erin  
5:15– 6:00 pm

### X Fit

Training Studio  
Paige  
5:15 – 6:15 pm

### Zumba

Dance Studio  
Lula  
6:15– 7:15 pm

### HIIT

Training Studio  
Shanay  
6:30– 7:15 pm

### Cycle 30

Training Studio  
Shelbi  
7:30– 8:00 pm

### Yoga

Dance Studio  
Katherine  
7:30– 8:30 pm

## SATURDAY

### Power Hour

Training Studio  
Rotating Instructors  
10:15-11:15 AM

### Mind Body

Dance Studio  
Rotating Instructors  
11:30am

RECSPORTS

