

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Cycling with Ray	Cycling with Meredith	Cycling with Ray	Cycling with Meredith		
11:00AM						Cycling with Linda
12:00PM	Cycling with Meredith ----- Gentle Yoga with JC		Cycling with Meredith ----- Gentle Yoga with JC			Cycling with Linda
4:00PM	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray	Power Yoga with JC	
5:15PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:15PM		Zumba Cardio Blast with Tony				

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO |  PANTHER ROOM

SMALL GROUP TRAINING:  PURCHASE & REGISTRATION REQUIRED

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11:00AM						Cycling with Linda
12:00PM	Cycling with Meredith ----- Gentle Yoga with JC		Cycling with Meredith ----- Gentle Yoga with JC			Cycling with Linda
4:00PM	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray	Power Yoga with JC	
5:15PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:15PM		Zumba Cardio Blast with Tony		Zumba Cardio Blast with Tony		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO |  PANTHER ROOM

SMALL GROUP TRAINING:  PURCHASE & REGISTRATION REQUIRED

CAMPUS RECREATION BBC GROUP FITNESS SCHEDULE

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:00PM		Cycling with Heather		Cycling with Heather
4:00PM			Cycling with Haley	

LOCATION KEY: ● FITNESS STUDIO