



GROUP FITNESS

FLEX FRIDAY

GROUP FITNESS IS OFFERING DIFFERENT CLASSES EACH FRIDAY,
ALL TAUGHT BY VARYING INSTRUCTORS!

DATE	CLASS 1	CLASS 2	CLASS 3 @ UNIVERSITY FITNESS
JANUARY 31	BARBELL 11A - 11:45A	YOGA 11:45A - 12:45P	
FEBRUARY 7	30M HIIT + CORE 360 11a - 11:45a	BELOW THE BELT + CORE 360 11:45a - 12:30p	CYCLING 12:45p - 1:30p
FEBRUARY 14	STEP 11a - 11:45a	YOGA 11:45a - 12:45p	CYCLING 12:45p - 1:30p
FEBRUARY 28	GROUP STRENGTH + CORE 360 11a - 11:45a	YOGA 11:45a - 12:45p	
MARCH 7	TOTAL SUSPENSION 11a - 11:45a	STRETCH & MOBILITY 11:45a - 12:15p	CYCLING 12:45p - 1:30p
MARCH 14	TOTAL BODY 45 11a - 11:45a	30M HIIT + CORE 360 11:45a - 12:30p	CYCLING 12:45p - 1:30p
APRIL 4	TOTAL BODY 45 11a - 11:45a	YOGA 11:45a - 12:45p	CYCLING 12:45p - 1:30p
APRIL 11	STEP 11a - 11:45a	BELOW THE BELT + CORE 360 11:45a - 12:30p	
APRIL 25	TOTAL EXHAUST 11a - 11:45a	YOGA 11:45a - 12:45p	CYCLING 12:45p - 1:30p
MAY 2	SUSPENSION 11a - 11:45a	30M HIIT + CORE 360 11:45a - 12:30p	CYCLING 12:45p - 1:30p