

AUGUST 2018 INTERIM GROUP RECXERCISE SCHEDULE

(AUGUST 7 - 24, 2018)

Summer Unlimited Pass or One-Time Class Pass Required - Available at Member Services

DATE	TIME	CLASS	ROOM	INSTRUCTOR
Tuesday, August 7	12:15 - 1:00	Body Blaster	301	Anna
	12:15 - 1:00	FREE Outdoor Water	Outdoor Pool	DeAun
	5:30 - 6:30	Cycle 6 Pack	302	Ashley
Wednesday, August 8	12:15 - 1:00	Wellness Works Body Blaster	2221	DeAun
	12:15 - 1:00	Step & Sculpt	301	Stephanie
	5:30 - 6:30	Barre	303	Kourtney
Thursday, August 9	12:15 - 1:00	Body Blaster	301	Ashley
	12:15 - 1:00	FREE Outdoor Water	Outdoor Pool	DeAun
	5:30 - 6:00	3:2:1 Burn	301	Miranda
Friday, August 10	No Group RecXercise Classes - Graduation			
Monday, August 13	12:15 - 1:00	Wellness Works Yoga	2221	Anna
	12:15 - 1:00	Cardio Step Party	301	Ashley
	5:30 - 6:30	Barre	303	Kourtney
Tuesday, August 14	12:15 - 1:00	Body Blaster	301	Miranda
	12:15 - 1:00	FREE Outdoor Water	Outdoor Pool	DeAun
	5:30 - 6:15	Pilates Express	301	Kourtney
Wednesday, August 15	12:15 - 1:00	Step & Sculpt	301	Ashley
	12:15 - 1:00	Wellness Works Body Blaster	2221	Anna
	5:30 - 6:20	Cycle Strong	302	Miranda
Thursday, August 16	12:15 - 1:00	Body Blaster	301	Miranda
	12:15 - 1:00	FREE Outdoor Water	Outdoor Pool	Ashley
	5:30 - 6:30	Yoga	301	Anna
Friday, August 17	12:15 - 1:00	Wellness Works Rowing	2221	Stephanie
	12:15 - 1:15	TGIF Yoga	301	Ashley
Monday, August 20	12:15 - 1:00	Step & Sculpt	301	Stephanie
	12:15 - 1:00	Wellness Works Yoga	2221	Anna
	5:30 - 6:15	Cardio Dance Party	301	Katherine
Tuesday, August 21	12:15 - 1:00	Body Blaster	301	Emily T.
	5:30 - 6:00	HIIT 30	301	Miranda
Wednesday, August 22	12:15 - 1:00	Wellness Works Body Blaster	2221	Anna
	12:15 - 1:00	Cardio Step Party	301	Stephanie
	5:30 - 6:15	Pilates Express	301	Katherine
Thursday, August 23	12:15 - 1:00	Body Blaster	301	Miranda
	REC-A-PALOOZA 6PM - 9PM			
Friday, August 24	12:15 - 1:00	Wellness Works Rowing	2221	Stephanie
	12:15 - 1:15	Pilates	301	Liz
Monday, August 27	First Day of Fall Schedule			