

GROUP REEXERCISE SCHEDULE

AUG. 30 - DEC. 5
FREE WEEK: Aug. 30 - Sept. 5

Try classes for FREE and purchase your class pass* for \$10 off through Sept. 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am - 7:15am Cycle Strength Intervals 302	6:30am - 7:15am Cycle Express 302	6:30am - 7:15am Cycle Strength Intervals 302	6:30am - 7:15am Cycle Express 302			
		6:30am - 7:15am Sunrise Yoga The Gardens		6:30am - 7:15am Sunrise Yoga 304		
7:30am - 8:15am Party at the Barre Polo Road	7:30am - 8:15am Party at the Barre 303	7:30am - 8:15am Party at the Barre Polo Road	7:30am - 8:15am Party at the Barre 303			
9:00am - 9:45am Body Blaster 301				9:00am - 9:45am Pilates 301	9:00am - 9:45am Saturday Spin 302	
					10:00am - 10:45am Rec Yoga 304	
					10:15am - 11:00am Party at the Barre Polo Road	
					11:00pm - 11:45pm Pilates 304	
		12:15pm - 1:00pm Aqua Zumba Instructional Pool		12:15pm - 1:00pm Barre Fight Polo Road		
12:15pm - 1:00pm Body Blaster 301	12:15pm - 1:00pm Step & Sculpt 301	12:15pm - 1:00pm Body Blaster 301	12:15pm - 1:00pm Cardio Step 301	12:15pm - 1:00pm TGIF Yoga 304		
12:15pm - 1:00pm Flourish Yoga 2221		12:15pm - 1:00pm Flourish Body Blaster 2221		12:15pm - 1:00pm Flourish Outdoor Water Outdoor Pool		
4:00pm - 4:45pm Body Blaster Polo Road				4:00pm - 4:45pm Party at the Barre Polo Road		
4:00pm - 4:45pm Step & Sculpt 301	4:00pm - 4:45pm Body Blaster 301	4:00pm - 4:45pm Body Blaster 301	4:00pm - 4:45pm Body Blaster 301			
4:15pm - 5:00pm Rec Yoga 304		4:15pm - 5:00pm Rec Yoga 304		4:15pm - 5:00pm Rec Yoga 304		
4:15pm - 5:15pm Cycle Strength Intervals 302	4:15pm - 5:15pm Cycle 6 Pack 302	4:15pm - 5:15pm Cycle Strength Intervals 302	4:15pm - 5:15pm Cycle 6 Pack 302	4:15pm - 5:15pm Cycle 6 Pack 302		
5:00pm - 5:30pm 3:2:1 Burn Rec Sports Lawn	5:00pm - 5:30pm HIIT 30 Rec Sports Lawn	5:00pm - 5:30pm 3:2:1 Burn Rec Sports Lawn	5:00pm - 5:30pm HIIT 30 Rec Sports Lawn	5:00pm - 5:30pm 3:2:1 Burn Polo Road		5:00pm - 5:45pm Party at the Barre 303
5:30pm - 6:15pm Zumba Polo Road	5:30pm - 6:15pm Party at the Barre Polo Road	5:30pm - 6:15pm Club Dance Polo Road	5:30pm - 6:15pm Barre Fight Polo Road			5:30pm - 6:15pm HIIT The Dance Floor Polo Road
5:30pm - 6:15pm Cardio Water Instructional Pool	5:30pm - 6:15pm Cardio Water Instructional Pool	5:30pm - 6:15pm Cardio Water Instructional Pool	5:30pm - 6:15pm Cardio Water Instructional Pool		<div style="background-color: #004a7c; color: white; padding: 10px; text-align: center; margin-bottom: 5px;">Free Classes</div> <div style="background-color: #808080; color: white; padding: 10px; text-align: center; margin-bottom: 5px;">Flourish - Faculty/Staff Only or Blended</div> <div style="background-color: #808000; color: white; padding: 10px; text-align: center;">Polo Road</div>	
5:30pm - 6:15pm Party at the Barre 303	5:30pm - 6:15pm HIIT The Dance Floor 304	5:30pm - 6:15pm Party at the Barre 303	5:30pm - 6:15pm Club Dance 304			
5:45pm - 6:30pm Cycle Express 302	5:45pm - 6:30pm Cycle Strength Intervals 302	5:45pm - 6:30pm Cycle Express 302	5:45pm - 6:30pm Cycle Strength Intervals 302			
5:45pm - 6:30pm Body Blaster 301	5:45pm - 6:30pm Kickboxing 301	5:45pm - 6:30pm Body Blaster 301	5:45pm - 6:30pm Step & Sculpt 301			
6:30pm - 7:15pm Kickboxing 304	6:30pm - 7:15pm Pilates 304	6:30pm - 7:15pm Kickboxing 304	6:30pm - 7:15pm Rec Yoga 304			
	6:30pm - 7:00pm Lower Body Blast Polo Road		6:30pm - 7:00pm Core Challenge Polo Road			6:00pm - 6:45pm Sunday Cycle 302
7:00pm - 7:45pm Shockwave 2221		7:00pm - 7:45pm Shockwave 2221				7:00pm - 7:45pm Rec Yoga 304
7:30pm - 8:15pm Rec Yoga Polo Road		7:30pm - 8:15pm Rec Yoga Polo Road				

Participants are required to sign up ahead of time via the **Rec Sports app** (scan QR code at right) or via reconnect.tamu.edu to guarantee their spot. This includes free classes as well.



***Pass options include:**
All Access Pass (for the semester): \$60 | One Class Pass: \$5