

WINTER INTERIM GROUP RECXERCISE SCHEDULE 2019 - 2020

***Fall RecXercise Pass Required for all Interim Classes -
Single Class Pass Available for \$5 at Member Services***

DATE	TIME	CLASS	ROOM	INSTRUCTOR
Thursday, Dec. 5 - Take a break from studying! Group RecXercise Reading Day Video Shoot!				
	12:15 - 1:45	Join us for six FREE mini classes including: Cardio Step Party, Body Blaster, Pound, Club Dance, Kickboxing, & Yoga!	301	
Thursday, Dec. 5	4:15 - 5:15	Rec Yoga	304	Shannon C.
	5:00 - 5:30	HIIT 30	301	Georgia
	5:30 - 6:30	Cycle Strong	302	Kourtney
Friday, Dec. 6	12:15 - 1:15	TGIF Yoga	301	Danielle
	12:15 - 1:00	Rowing	2221	Stephanie
	3:00 - 3:45	Kickboxing	301	Kaylee
	4:00 - 4:45	Body Blaster	301	Kourtney
Saturday, Dec. 7	10:00 - 11:00	Rec Yoga	301	Shannon C.
	11:15 - 12:00	Club Dance	301	Shannon E./Natalya
Sunday, Dec. 8	5:00 - 5:45	Body Blaster	301	Rachel
	6:00 - 6:45	Sunday Cycle	302	Jordin
Monday, Dec. 9	12:15 - 1:00	Body Blaster	301	Emily
	12:15 - 1:00	Rec Yoga	2221	Anna
	5:30 - 6:15	Zumba	301	Hannah/Kaylee
Tuesday, Dec. 10	12:15 - 1:00	Cardio Step Party	301	Stephanie
	5:30 - 6:30	Party at the Barre	303	Anna
	5:30 - 6:30	Rec Yoga	301	Emily
Wednesday, Dec. 11	12:15 - 1:00	Rec Yoga	301	Miranda
	12:15 - 1:00	Body Blaster	2221	Anna
	5:30 - 6:30	Cycle 6 Pack	302	Mary
Thursday, Dec. 12	12:15 - 1:00	Cardio Step Party	301	Stephanie
	5:30 - 6:15	Pilates	304	Kourtney
	5:30 - 6:15	HIIT	301	Mary
Friday, Dec. 13 - 15	No Classes - Graduation			
Monday, Dec. 16 - Jan. 1	Rec Center Closed			
Thursday, Jan. 2	12:15 - 1:00	Cardio Step Party	301	Stephanie
Friday, Jan. 3	12:15 - 1:15	TGIF Yoga	301	Anna
Monday, Jan. 6	12:15 - 1:00	Step & Sculpt	301	Lisa
	12:15 - 1:00	Rec Yoga	2221	Miranda
	4:00 - 5:00	Cycle 6 Pack	302	Mary
	5:30 - 6:30	Party at the Barre	303	Anna
Tuesday, Jan. 7	12:15 - 1:00	Body Blaster	301	Miranda
	4:00 - 5:00	Pilates	301	Kourtney
	5:30 - 6:15	HIIT	301	Mary
Wednesday, Jan. 8	12:15 - 1:00	Cardio Step Party	301	Stephanie
	12:15 - 1:00	Body Blaster	2221	Emily
	4:00 - 5:00	Pilates	301	Kourtney
	5:30 - 6:30	Party at the Barre	303	Anna
Thursday, Jan. 9	12:15 - 1:00	Body Blaster	301	Emily
	4:00 - 5:00	Cycle 6 Pack	302	Miranda
	5:30 - 6:15	HIIT	301	Mary
Friday, Jan. 10	12:15 - 1:00	Rowing	2221	Miranda
	12:15 - 1:15	TGIF Yoga	301	Anna
Monday, Jan. 13	First Day of Spring Schedule!			