

WINTER INTERIM GROUP RECXERCISE SCHEDULE 2018 - 2019

A Fall Group RecXercise pass is required for all interim classes. Single class passes are available for \$5 at Member Services.

DATE	TIME	CLASS	ROOM	INSTRUCTOR
Thursday, Dec. 6	Rec Center Closed			
Friday, Dec. 7	12:15 - 1:15	TGIF Yoga	301	Madison
	12:15 - 1:15	Rowing	2221	Stephanie Y
	3:00 - 3:45	Kickboxing	301	Yaris
Saturday, Dec. 8	10:00 - 11:00	Rec Yoga	301	Jenna
	11:15 - 12:00	Club Dance	301	Sarah S.
Sunday, Dec. 9	5:00 - 5:45	Body Blaster	301	Kourtney
	6:00 - 6:45	Sunday Cycle	302	Kourtney
Monday, Dec. 10	12:15 - 1:00	Cardio Step Party	301	Stephanie T
	12:15 - 1:00	Rec Yoga	2221	Anna
	5:30 - 6:15	Zumba	301	Brooke
Tuesday, Dec. 11	12:15 - 1:00	Body Blaster	301	Miranda
	5:30 - 6:30	Rec Yoga	301	Madison
Wednesday, Dec. 12	12:15 - 1:00	Cardio Step Party	301	Stephanie T
	12:15 - 1:00	Body Blaster	2221	Anna
	5:30 - 6:30	Cycle 6 Pack	302	Miranda
Thursday, Dec. 13	12:15 - 1:00	Body Blaster	301	Emily
	5:30 - 6:15	HIIT	301	Stephanie T
Friday, Dec. 14-16	No Classes - Graduation			
Monday, Dec. 17-Jan. 1	Rec Center Closed			
Wednesday, Jan. 2	12:15 - 1:00	Step & Sculpt	301	Miranda
Thursday, Jan. 3	12:15 - 1:00	Body Blaster	301	Anna
Friday, Jan. 4	12:15 - 1:15	TGIF Yoga	301	Anna
Monday, Jan. 7	12:15 - 1:15	Cardio Step Party	301	Stephanie T
	12:15 - 1:00	Rec Yoga	2221	Anna
	4:00 - 5:00	Cycle 6 Pack	302	Miranda
	5:30 - 6:30	Party at the Barre	303	Anna
Tuesday, Jan. 8	12:15 - 1:15	Body Blaster	301	Emily
	4:00 - 5:00	Pilates	301	Kourtney
	5:30 - 6:15	HIIT	301	Miranda
Wednesday, Jan. 9	12:15 - 1:00	Step & Sculpt	301	Miranda
	12:15 - 1:00	Body Blaster	2221	Anna
	4:00 - 5:00	Rec Yoga	301	Allison
	5:30 - 6:30	Party at the Barre	303	Anna
Thursday, Jan. 10	12:15 - 1:00	Body Blaster	301	Courtney
	4:00 - 5:00	Cycle 6 Pack	302	Anna
	5:30 - 6:15	HIIT	301	Stephanie T
Friday, Jan. 11	12:15 - 1:00	Rowing	2221	Stephanie T
	12:15 - 1:15	TGIF Yoga	301	Emily
Monday, Jan. 14	First Day of Spring Schedule!			