



Group Fitness

Fall 2017 Schedule

OCTOBER 2 - DECEMBER 9

WEEK OF GROUP FITNESS: OCT. 23-27

\$40 SEMESTER PASS \$3 PER CLASS

Monday			Tuesday			Wednesday			Thursday			Friday		
12:15-12:45 PM	YOGA FLOW Michelle	GFS ☺	6:30-7:15 AM	TRX® or MUSCLES Brittney/Isabelle	GFS	6:30-7:15 AM	SUNRISE YOGA Michelle	GFS ☺	6:30-7:15 AM	Ropes & Bands Brittney/Alex	GFS	6:30-7:15 AM	SUP YOGA Missy	SAQ
12:15-12:45 PM	TRX® Brittney	MP	12:15-12:45 PM	PILATES Sara	GFS ☺	12:15-12:45 PM	MUSCLES Sara/Caleb	GFS ☺	12:15-12:45 PM	REAL RYDER X Rebecca	GFS ☺	12:15-12:45 PM	BARREBODY® Alex	GFS ☺
4:15-5 PM	BARREBODY™ Alex	GFS	1-1:50 PM	AERIAL FITNESS Sara	GFS	5:30-6:20 PM	YOGA FLOW Christina/Holly	GFS	12:15-12:45 PM	TRX® + YOGA Sara	MP	4:15-5 PM	ZUMBA® Daryna	GFS
5:15-6 PM	MUSCLES Isabelle	GFS	4:15-5 PM	AERIAL YOGA Sara	GFS	6:30-7:00 PM	REAL RYDER X Kenzie	GFS	4:15-5 PM	PILATES Kenzie	GFS			
5:30-6:20 PM	HIP HOP ZUMBA® Nicole	MP	5:15-6 PM	TRX® Caleb	MP	6:30-7:20 PM	TRX® Isabelle/Justin	MP	5:15-6 PM	AERIAL YOGA Sara	GFS			
6:30-7:00 PM	REAL RYDER X Rebecca/Kenzie	GFS	5:30-6:20 PM	TURBOKICK® Isabelle	GFS	7:30-8:20 PM	ZUMBA® Daryna	GFS	5:30-6:20 PM	TURBOKICK Brittney	MP			
6:30-7:20 PM	POWER YOGA Christina	MP	6:30-7:20 PM	ZUMBA® Rebecca	GFS ☺	7:30-8:30 PM	MUAY THAI Zach	MP	6:30-7:20 PM	HIP HOP DANCE Nicole	GFS			
7:30-8:20 PM	PILATES Kenzie	GFS	7:30-8:20 PM	BARREBODY Rebecca/Nicole	GFS				7:30-8:20 PM	CANDLELIT YOGA Kierstin	GFS ☺			

SATURDAY SPECIALS: ☺ FREE 10:30 A.M.

- Oct. 7 REAL RYDER - Kenzie
- October 21 YOGA FLOW - Holly
- October 28 BARREBODY - Alex
- November 4 TURBOKICK - Isabelle
- November 11 ZUMBA - Nicole
- December 2 REAL RYDER- Kenzie
- December 9 ROPES & BANDS BOOTCAMP
Brittney

STUDIO KEY: [GFS] = Group Fitness Studio [MP] = Multipurpose Room [SAQ] = Student Aquatics Center
☺ = FREE CLASS ALL SEMESTER LONG!



SIGN UP FOR ALL CLASSES USING THE IMLEAGUES APP!!!

IMPORTANT DATES: No Classes during Fall Break (November 18 - 26)

Questions? Contact SRC—Fitness & Wellness, (573)651-2367 or (573)986-7391, swagganer@semo.edu

www.semo.edu/recservices

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