



Redhawk Fitness

Spring 2018 Schedule

FREE PREVIEW WEEKS: JAN. 16 - 27

\$40 SEMESTER PASS \$3 PER CLASS

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 12:45 p.m. Pilates (Sara) MP Room - Free Class	6:30 - 7:15 a.m. Instructor Choice (Brit/Alex) GF Studio (see IMLEAGUES)	6:30 - 7:15 a.m. Sunrise Yoga (Michelle/Sally) GF Studio	6:30 - 7:15 a.m. Instructor Choice (Isabelle/Daryna) GF Studio (see IMLEAGUES)	6:30 - 7:15 a.m. SUP Yoga (Missy) SAQ/Pool
12:15 - 12:45 p.m. Real Ryder (Brittney) GF Studio	12:15 - 12:45 p.m. MUSCLES (Sara) GF Studio - Free Class	12:15 - 12:45 p.m. Yoga Flow (Michelle/Sally) GF Studio - Free Class	12:15 - 12:45 p.m. Zumba (Brit/Daryna) MP Room - Free Class	6:30 - 7:15 a.m. Yoga Flow (Kierstin) GF Studio
4:15 - 5:00 p.m. MUSCLES (Caleb) GF Studio	1:00 - 1:50 p.m. Beginner Aerial Fitness (Sara) GF Studio	4:15 - 5:00 p.m. Pilates (Kenzie) GF Studio	12:15 - 12:45 p.m. Aerial Yoga (Sara) GF Studio	12:15 - 12:45 p.m. BarreBody (Alex) GF Studio
5:15 - 6:00 p.m. Aerial Yoga (Sara) GF Studio	4:15 - 5:00 p.m. Aerial Yoga (Sara) GF Studio	5:15 - 6:00 p.m. MUSCLES (Isabelle) GF Studio	4:15 - 5:00 p.m. Power Yoga (Michelle) GF Studio	4:15 - 5:00 p.m. Drum to the Beat! (Daryna) GF Studio
5:30 - 6:20 p.m. Zumba (Nicole) MP Room	5:15 - 6:00 p.m. Barre Body (Alex) GF Studio	5:30 - 6:20 p.m. Yoga Flow (Kirstin) MP Room	5:15 - 6:00 p.m. TRX + (Isabelle) MP Room	
6:30 - 7:05 p.m. Real Ryder Xpress (Kenzie) GF Studio	5:30 - 6:20 p.m. TurboKick (Isabelle) MP Room	6:30 - 7:20 p.m. Barre Body (Nicole) GF Studio	5:30 - 6:05 p.m. Real Ryder Xpress (Brittney) GF Studio	
6:30 - 7:15 p.m. TRX + (Caleb/Daryna) MP Room	6:30 - 7:20 p.m. Zumba (Daryna) GF Studio - Free Class	6:30 - 7:20 p.m. Muay Thai (Zach) MP Room	6:30 - 7:20 p.m. TurboKick (Brittney) GF Studio	
7:30 - 8:20 p.m. Pilates (Kenzie) GF Studio	7:30 - 8:20 p.m. Drum to the Beat! (Daryna) GF Studio	7:30 - 8:20 p.m. Dance Fit (Nicole) GF Studio	7:30 - 8:20 p.m. CandleLit Yoga (Mich/Sally) GF Studio - Free Class	

FREE Saturday Specials:

10:30 - 11:20 a.m.
 Jan. 20: Celebrate Yoga Day!
 10:30 am: Aerial Yoga (Sara)
 Yoga Flow (Michelle)
 11:30 am: Power Yoga (Michelle)
 Jan. 27: MUSCLES (Isabelle)
 Feb. 3: Zumba (Nicole)
 Feb. 10: Barre Body (Alex)
 Feb. 17: Real Ryder (Kenzie)
 Feb. 24: TRX (Caleb)
 Mar. 3: TurboKick (Isabelle)

Questions?

Contact us at:
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 Semo.edu/recservices



SIGN UP FOR ALL CLASSES USING THE IMLEAGUES APP. NO CLASSES DURING SPRING BREAK!