



# Group Fitness

## Fall 2017 Schedule

**AUGUST 19 - OCTOBER 13**

**FREE PREVIEW WEEK: AUG 19 - SEPT 1**

**\$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® Brittney/Isabelle	MP	6:30-7:15 AM	SUNRISE YOGA Michelle	GFS ☺	6:30-7:15 AM	BOOT CAMP Ali	GFS	6:30-7:15 AM	SUP YOGA Missy	SAQ
12:15-12:45 PM	TRX® Brittney/Ali	MP	12:15-12:45 PM	PILATES Sara	GFS ☺	12:15-12:45 PM	MUSCLES Ali	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/Holly	GFS	1-1:50 PM	AERIAL FITNESS Sara	GFS	4:15-5 PM	TRX® Michelle	GFS	12:15-1 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	5:30-6:20 PM	YOGA FLOW Christina/Holly	GFS	4:15-5 PM	PILATES Kenzie	GFS			
5:30-6:20 PM	HIP HOP ZUMBA® Nicole	MP	5:15-6 PM	TRX® Caleb/Brittney	MP	6:30-7:00 PM	REAL RYDER X Kenzie	GFS	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	6:30-7:20 PM	TRX® Isabelle	MP	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 ☺	7:30-8:20 PM	ZUMBA® Daryna	GFS	6:30-7:20 PM	HIP HOP DANCE Nicole	MP			
7:30-8:20 PM	PILATES Kenzie	GFS	7:30-8:20 PM	BIKER BARRE Rebecca/Nicole	GFS				6:30-7:20 PM	BARRE FUSION Michelle	GFS			
									7:30-8:20 PM	CANDLELIT YOGA Michelle/Kierstin	GFS ☺			

**SATURDAY SPECIALS: ☺ FREE**

Aug. 19 ZUMBA® - Rebecca (9:30 AM)  
TRX® - Brittney (9:30 AM)  
YOGA & YOGURT (10:30 AM)

Aug. 26 TURBOKICK® - Brittney (10:30 AM)

Sept. 9 POWER YOGA - Christina (10:30 AM)

Sept. 16 ZUMBA® - Brittney (10:30 AM)

Sept. 23 PILATES - Kenzie (10:30 AM)

Sept. 30 BARREBODY™ - Rebecca (10:30 AM)

Oct. 7 REAL RYDER - Kenzie (10:30 AM)

**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 LUNCH CLASSES ON AUGUST 21 AND NO CLASSES ON SEPTEMBER 4

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

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