

Group Fitness Schedule

Spring 2018

<i>Day</i>	<i>Time</i>	<i>Class</i>	<i>Location</i>	<i>Fall</i>
Sun.				
	7pm	Hydrofit	Pool	Rhiannon Schweitzer
New!	7:30pm	Yoga	Multi-Purpose Room	Emily Boysen
Mon.				
	12:15pm	Fac/Staff Circuit Weights	Weight Room	Tara Sandgren
	5:30 pm	Zumba	Back Alley	Lindsey Nielsen
	6:30pm	Circuit Weights	Weight Room	Jacob Kvigne
	7:30pm	Yoga	Multi-Purpose Room	Marissa Hight
Tues.				
	5pm	Hardcore Abs	Back Alley	Taylor Hetland
	5:15pm	Fac/Staff Hydrofit	Pool	Taryn Adams
	5:30pm	Zumba	Back Alley	Lily Monroe
	7:30pm	Cardio Kickboxing	Multi-Purpose Room	Miranda Sigler
Wed.				
	12:15pm	Fac/Staff Circuit Weights	Weight Room	Tara Sandgren
	4pm	Cardio Kickboxing	Back Alley	Katelyn Derby
	5:15pm	Fac/Staff Fitness	Back Alley	Jason Kruse
	6:30pm	Circuit Weights	Weight Room	Jacob Gaylord
	7:30pm	Pilates	Multi-Purpose Room	Katie Rivers
Thurs.				
	5:15pm	Fac/Staff Circuit Weights	Weight Room	Tara Sandgren
New!	5:45pm	Barre	Back Alley	Angelina Gibson
	7:30pm	Crossfit	Multi-Purpose Room	Dennisse Alcivar
	8:30pm	Hydrofit	Pool	Trey Waldrop
Fri.				
	7am	Hardcore Abs	Multi-Purpose Room	Ellen Scheiring
	12:15pm	Fac/Staff Circuit Weights	Weight Room	Jason Kruse
New!	6:30 pm	PiYo	Multi-Purpose Room	Lily Monroe

K:/RecServe/Aerobics—Group Fitness/2017-2018/Spring

Revised 01/13/17 AK