





Group Exercise Schedule: Spring Semester

Tuesday, January 17-Saturday, April 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30am-10:25am Yoga FAC/STAFF ONLY Hannah	
					1:00pm-3:00pm Jiu Jitsu Michael
4:00pm-4:50pm Pilates Rhea	4:00pm-4:50pm Step Aerobics Rhea	4:00pm-4:50pm Pilates Rhea	4:00pm-4:55pm Yoga Hannah		
5:00pm-5:50pm Butts N' Gutts Lauren	5:00-5:45pm Indoor Cycling Shauna	5:00pm-5:50pm Butts N' Gutts Lauren	5:00pm-5:45pm Indoor Cycling Shauna		
5:30pm-6:20pm Aqua Zumba Maya	5:30pm-6:20pm Hydro Power Maya	5:30pm-6:20pm Aqua Zumba Maya	5:30pm-6:20pm Hydro Power Maya	5:30pm-6:20pm Zumba Cassie	
6:00pm-6:50pm Kickboxing Kodee	6:00pm-6:50pm Spartan Extreme David	6:00pm-6:50pm Kickboxing Kodee	6:00pm-6:50pm Spartan Extreme David		
7:00pm-7:50pm Zumba Cassie					
8:00pm-10:00pm Jiu Jitsu Michael					

Friday Yoga is reserved for Faculty/Staff Only

Classes are located in the Group Exercise Studio on the lower level of the Wellness Center

Hydro Power/Aqua Zumba are held in the Wellness Center pool

Cycling classes are limited to the first nine participants that show

Please bring water and appropriate exercise apparel to each class

This schedule is subject to change without notification, newest version: www.uscupstate.edu/wellness

Questions/Comments? Contact Glen Batista: gbatista@uscupstate.edu : 864.503.5069

