### FREE Group Classes

**Summer 2018**

**May 13–August 25**

#### MONDAY
- 6:15 a.m.–7:15 a.m. Bootcamp
  - Allison H. | Lakeside
- 9 a.m.–10 a.m. SilverSneakers® Yoga
  - Debra | Lakeside
- 12 p.m.–12:45 p.m. Barre Express
  - JoAnne | Riverside
- 12 p.m.–12:45 p.m. Kettlebells
  - Shanda | Lakeside
- 4 p.m.–4:55 p.m. ABT
  - (Abs, Buns, & Thighs)
  - Joe | Lakeside
- 5 p.m.–5:30 p.m. Abs
  - Joe | Lakeside
- 5:30 p.m.–6:15 p.m. Bootcamp Express
  - Liz | Riverside
- 5:30 p.m.–6:30 p.m. Aqua Power Hour
  - Lisette | Shallow Water
- 6:30 p.m.–7:30 p.m. Zumba
  - Luz | Lakeside

#### TUESDAY
- 6:15 a.m.–7:15 a.m. Body Pump
  - Melissa | Lakeside
- 6:45 a.m.–7:45 a.m. Marine Core
  - Verna | Shallow Water
- 8:30 a.m.–9:30 a.m. SilverSneakers® Classic
  - Debra | Lakeside
- 5:30 p.m.–6:15 p.m. Cardio Core
  - Shakira | Lakeside
- 6:30 p.m.–7:30 p.m. Body Pump
  - Margaret | Lakeside
  - STRONG by Zumba
  - Mark/Shayra | Riverside

#### WEDNESDAY
- 6:15 a.m.–7:15 a.m. Bootcamp
  - Allison H. | Lakeside
- 9 a.m.–10 a.m. AOAOS+ Cardio Dance
  - Debra | Lakeside
- 12 p.m.–12:45 p.m. Barre Express
  - Shanda | Riverside
- 5:30 p.m.–6:15 p.m. Bootcamp Express
  - Liz | Riverside
- 6:30 p.m.–7:30 p.m. Vixen
  - Leila/Mercedes | Lakeside

#### THURSDAY
- 6:15 a.m.–7:15 a.m. Bootcamp
  - Allison H. | Lakeside
- 9 a.m.–10 a.m. SilverSneakers® Classic
  - Monica | Lakeside
- 12 p.m.–12:45 p.m. Kettlebells
  - Hannah | Riverside
- 4 p.m.–4:55 p.m. ABT
  - (Abs, Buns, & Thighs)
  - Joe | Lakeside
- 5 p.m.–5:30 p.m. Abs
  - Joe | Lakeside
- 5:30 p.m.–6:15 p.m. Barre Express
  - Michele | Riverside
- 6:30 p.m.–7:30 p.m. Body Pump
  - Vivian | Riverside
- 6:30 p.m.–8 p.m. Zumba
  - Mark | Lakeside

#### FRIDAY
- 6:15 a.m.–7:15 a.m. Kettlebells
  - Shanda | Lakeside

#### SATURDAY
- 9:00 a.m.–10:00 a.m. Body Pump
  - Alisa/Margaret/Vivian/Melissa | Lakeside
- 9:30 a.m.–10:15 a.m. Zumba
  - Vickie | Riverside

#### SUNDAY
- 6 p.m.–7:30 p.m. Zumba
  - Mark | Lakeside

### Cycling, Yoga, & Pilates*

*Indoor Cycling / Yoga & Pilates General Information: Members must purchase either an Indoor Cycling Pass or a Yoga & Pilates Pass from Member Services to participate in any of our classes. Cycling and Yoga & Pilates passes are included in student memberships. Please arrive 10 minutes early for set up. Mats and props are provided for Yoga & Pilates. At no point are any passes ever prorated.

#### MONDAY
- 5:30 p.m.–6:30 p.m. Cycle 60
  - Laurence | Cycling Studio
- 5:30 p.m.–6:30 p.m. Restore + Flow Yoga
  - Louis | Diboll Studio A
- 6:30 p.m.–7:30 p.m. Mat Pilates
  - Emily C. | Diboll Studio B

#### TUESDAY
- 6:15 a.m.–7:15 a.m. Cycle 60
  - Michele | Cycling Studio
- 6:15 a.m.–7:15 a.m. Cycle 45
  - Michele | Cycling Studio
- 5:30 p.m.–6:15 p.m. Align + Flow Yoga
  - Chloe | Diboll Studio A

#### WEDNESDAY
- 6:15 a.m.–7:15 a.m. Cycle 60
  - Chloe/JoAnne | Cycling Studio
- 6:15 a.m.–7:15 a.m. Cycle 45
  - Michele | Cycling Studio
- 5:30 p.m.–6:30 p.m. Mat Pilates
  - Louis | Diboll Studio B

#### THURSDAY
- 12 p.m.–12:45 p.m. Hatha Yoga
  - Alyssa | Diboll Studio B

#### FRIDAY
- 12 p.m.–12:45 p.m. Hatha Yoga
  - Emley K | Diboll Studio B

#### SATURDAY
- 9:00 a.m.–10:00 a.m. Cycle 60 RPM
  - Tim/Sara | Cycling Studio

#### SUNDAY
- 8:15 a.m.–9:15 a.m. Cycle 60
  - Michele/Sara | Cycling Studio
- 11 a.m.–12:00 p.m. Hatha Yoga
  - Alyssa | Diboll Studio B

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Reily Student Recreation Center is **CLOSED** July 4 & Aug. 5–9

No Classes May 27