

SPRING 2019 | GROUP X SCHEDULE | 1/28 - 5/12

Monday

SPRINT™ | 6:30 - 7 AM | Studio A

BODYFLOW™ Strength | 7:10 - 7:45 AM | Studio A

PiYo® | 8:15 - 9 AM | Studio A | Alexis

Cycle Circuits | 9:30 - 10:15 AM | Studio A | Olivia

TRX Cardio Core Circuits | Noon - 12:45 PM | Studio B | Karyn

Cycle Circuits | 1 - 1:45 PM | Studio A | Sarah

BODYFLOW™ | 4:15 - 5:15 PM | Studio B

BODYPUMP™ | 5:30 - 6:30 PM | Studio B | Adrienne

Aqua Fitness | 6 - 6:45 PM | Cooper Pool | Jared

Zumba® | 6:45 - 7:30 PM | Studio B | Crystal

POUND® | 7 - 7:45 PM | Studio A | Nancy

Total Body Burn | 7:45 - 8:30 PM | TRX Room | Lauren A

Late Night Candlelight Yoga | 9:15 - 10 PM | Studio B | Angie

Tuesday

BODYFLOW™ | 9:30 - 10:30 AM | Studio B

***GRIT™ Strength | Noon - 12:45 PM | Studio B**

***GRIT™ Cardio | 4:15 - 4:45 PM | Studio B**

CXWORX™ | 4:50 - 5:20 PM | Studio B

Yoga | 5:30 - 6:30 PM | Studio B | Maria

STRONG 30™ | 6 - 6:30 PM | Studio A | DeeDee

Zumba® | 6:45 - 7:30 PM | Studio A | Katie

WERQ® Dance Fitness | 7:15 - 8 PM | Studio B | Claire

Late Night Barre | 9:15 - 10 PM | Studio B | Lauren D.

Wednesday

SPRINT™ | 6:30 - 7 AM | Studio A

BODYFLOW™ Strength | 7:10 - 7:45 AM | Studio A

PiYo® | 8:15 - 9 AM | Studio A | Alexis

Cycle & Flow | 9:30 - 10:15 AM | Studio A | Angie

Cycle & Core | Noon - 12:45 PM | Studio A | Adrienne

Cycle Circuits | 1 - 1:45 PM | Studio A | Olivia

BODYFLOW™ | 4:15 - 5:15 PM | Studio B

BODYPUMP™ | 5:30 - 6:30 PM | Studio B | Rylee

Aqua Zumba® | 6 - 6:45 PM | Cooper Pool | DeeDee

SPRINT™ | 7 - 7:30 PM | Studio A

CXWORX™ | 7:40 - 8:10 PM | Studio A

***GRIT™ Strength | 8:15 - 8:50 PM | Studio B**

Thursday

BODYFLOW™ | 9:30 - 10:30 AM | Studio B

BODYPUMP™ | Noon - 12:45 PM | Studio B | Jodi

***GRIT™ Plyo | 4:15 - 4:45 PM | Studio B**

CXWORX™ | 4:50 - 5:20 PM | Studio B

Yoga | 5:30 - 6:30 PM | Studio B | Rachel

Cycle | 5:30 - 6:30 PM | Studio A | Demetria

Zumba® | 6:45 - 7:30 PM | Studio A | Kelsey

Hip Hop Fitness | 7:15 - 8 PM | Studio B | Lauren A.

Cycle Circuits | 7:45 - 8:30 PM | Studio A | Lauren D.

Total Body Tone | 8:15 - 9 PM | Studio B | Corina

THERE ARE 1,440 MINUTES IN A DAY...Dedicate 2% of yours to moving and enhancing your health and well-being.

bgsu.edu/recwell | 419.372.2000 | fitness@bgsu.edu



LES MILLS Virtual workouts combine robust technology and high-definition action with LES MILLS™ renowned programming. You get chart-topping music and instruction from the world's best talent - creating unparalleled virtual experiences.

Virtual classes noted in ORANGE.

No classes over Spring Break: March 16 - 23.

* GRIT Virtual classes are advanced High-Intensity Interval Training (HIIT) workouts not recommended for beginners.

Schedule and instructors are subject to change.

All classes are first-come, first-serve with limitations based on room size and/or equipment availability.

Class descriptions and special events shown online.

Unlimited Class Pass

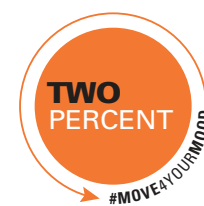
BGSU Student/SRC Member: \$55

BGSU Faculty/Staff/Retiree/Alumi: \$70

SRC Non-Member: \$100

After Work Pass: \$40

Eligible to attend classes that begin between 5 - 6 PM



One Day Class Pass: \$5



Friday

Buti® Yoga | Noon - 12:45 PM | Studio B | Claire

SPRINT™ | 12:15 - 12:45 PM | Studio A

BODYFLOW™ | 1 - 2 PM | Studio A

BODYPUMP™ | 5:30 - 6:30 PM | Studio B | Rylee

Saturday

BODYPUMP™ | 10:30 - 11:30 AM | Studio B

BODYFLOW™ | 11:40 - 12:40 PM | Studio B

Sunday

TRX Cardio Core Circuits | 5 - 5:45 PM | TRX Room | Sarah

Zumba® | 5 - 5:45 PM | Studio B | Katie

Mindfulness | 6 - 7 PM | Studio B | Corina