

## Group Fitness Schedule

Fall 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fitness Package \$42/semester					Session August 28– December 1	
<b>Butts &amp; Guts</b> GSFC 4:30- 5:15 p.m. Lauren Vega	<b>Cougar X Training</b> GSFC 7:05- 8:00 a.m. Martin Kiriluk	<b>Butts &amp; Guts</b> GSFC 4:30- 5:15 p.m. Lauren Vega	<b>HITT</b> GSFC 4:30- 5:15 p.m. Haylee Babb	<b>Zumba</b> GSFC 5:15- 6:15 p.m. Omar Valencia		<b>Yoga Hour</b> GSFC 7:30- 8:30 p.m. Emma Dooley/Audrey Lamb
<b>Cougar Flow &amp; Core</b> GSFC 6:45- 7:30 p.m. Mary O'Brien	<b>HIIT</b> GSFC 4:30- 5:15 p.m. Haylee Babb	<b>Zumba</b> GSFC 6:30-7:30 p.m. Omar Valencia	<b>Power Yoga</b> GSFC 6:30- 7:30 p.m. Lauren Vega	<b>Cougar X Training</b> GSFC 4:00- 5:00 p.m. Martin Kiriluk		
	<b>Power Yoga</b> GSFC 6:30- 7:30 p.m. Lauren Vega					

### Indoor Cycling Reservation required. Limited class size. Included in the group fitness package or as a \$5 drop-in pass per class.

<b>Indoor Cycling</b> GSFC 5:25- 6:15 p.m. Ashley Markow		<b>Indoor Cycling</b> GSFC 5:25- 6:20 p.m. Ashley Markow		<b>Indoor Cycling</b> GSFC 3:30- 4:20 p.m. Ashley Markow		
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### Faculty/Staff Only \$75/semester for Cougar Fit or a \$5 drop-in pass per class.

Session August 22– December 7

<b>Cougar Fit</b> J201 Johnson Ctr 5:30- 6:30 p.m. Haylee Babb		<b>Cougar Fit</b> J201 Johnson Ctr 5:30- 6:30 p.m. Haylee Babb	<b>Indoor Cycling</b> GSFC 5:30- 6:30 p.m. Ashley Markow			
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### CRS Yoga \$52/session

Session 1 August – October

Session 2 October – December

	<b>CRS Yoga</b> J201 Johnson Ctr 5:30-6:45 p.m. Skip Rector					
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### Program Notes

Register and make your payment on the **Marketplace** at [www.campusrec.cofc.edu](http://www.campusrec.cofc.edu) .

CRS may exercise its option to adjust class times or to cancel remaining classes when participation falls below the minimum established for that class.

Be on the lookout for free pop-ups classes throughout the semester. Email [lbuchana@cofc.edu](mailto:lbuchana@cofc.edu) with questions.