

## Group Fitness Schedule

**Fall 2017**

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday                             | Sunday |
|--|---|---|---|--|--------------------------------------|--------|
| <b>Group Fitness Package \$42/semester</b>                               |   |   |   |  | <b>Session August 28– December 1</b> |        |
| <b>Butts &amp; Guts</b><br>GSFC<br>4:30- 5:15 p.m.<br>Lauren Vega        | <b>HIIT</b><br>GSFC<br>4:30- 5:15 p.m.<br>Haylee Babb       | <b>Butts &amp; Guts</b><br>GSFC<br>4:30- 5:15 p.m.<br>Lauren Vega | <b>HITT</b><br>GSFC<br>4:30- 5:15 p.m.<br>Haylee Babb       | <b>Zumba</b><br>GSFC<br>5:15- 6:15 p.m.<br>Omar Valencia |                                      |        |
| <b>Cougar Flow &amp; Core</b><br>GSFC<br>6:45- 7:30 p.m.<br>Mary O'Brien | <b>Power Yoga</b><br>GSFC<br>6:30- 7:30 p.m.<br>Lauren Vega | <b>Zumba</b><br>GSFC<br>6:15-7:15 p.m.<br>Omar Valencia           | <b>Power Yoga</b><br>GSFC<br>6:30- 7:30 p.m.<br>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><br>GSFC<br>5:25- 6:15 p.m.<br>Ashley Markow |  | <b>Indoor Cycling</b><br>GSFC<br>5:20- 6:10 p.m.<br>Ashley Markow |  | <b>Indoor Cycling</b><br>GSFC<br>3:30- 4:20 p.m.<br>Ashley Markow |  |  |
|---|--|---|--|---|--|--|

### 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><br>J201 Johnson Ctr<br>5:30- 6:30 p.m.<br>Haylee Babb |  | <b>Cougar Fit</b><br>J201 Johnson Ctr<br>5:30- 6:30 p.m.<br>Haylee Babb | <b>Indoor Cycling</b><br>J201 Johnson Ctr<br>5:30- 6:30 p.m.<br>Ashley Markow |  |  |  |
|---|--|---|---|--|--|--|

### CRS Yoga \$52/session

**Session 1 August – October**

**Session 2 October – December**

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

### 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.