

Group Fitness Schedule

Fall 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Group Fitness Package \$42/semester

Session August 27– November 30

Butts & Guts GSFC 2:00- 2:45 p.m. Lauren Vega	Cougar-X Training GSFC 7:05- 8:05 a.m. Martin Kiriluk	Butts & Guts GSFC 2:00- 2:45 p.m. Lauren Vega	Power Yoga GSFC 6:30- 7:30 p.m. Lauren Vega	Yoga Hour GSFC 3:00- 4:00 p.m. Jessica Ray	Cougar-X Training GSFC 10:05- 11:05 a.m. Martin Kiriluk	
CRS Boot Camp GSFC 4:15- 5:00 p.m. Lanear Brown	HITT GSFC 3:15- 4:00 p.m. Sara Coleman	CRS Boot Camp GSFC 4:15- 5:00 p.m. Lanear Brown		Cougar-X Training GSFC 4:45- 5:45 p.m. Martin Kiriluk		
Yoga Hour GSFC 6:45- 7:45 p.m. Jessica Ray	Power Yoga GSFC 6:30- 7:30 p.m. Lauren Vega	Zumba GSFC 6:45- 7:45 p.m. Omar Valencia		HITT GSFC 5:00- 5:45 p.m. Sara Coleman		

Indoor Cycling Reservation required. Limited class size. Included in the group fitness package.

Indoor Cycling GSFC 5:30- 6:30 p.m. Ashley Markow			Indoor Cycling GSFC 7:05- 8:05 a.m. Ashley Markow	Indoor Cycling GSFC 12:00- 1:00 p.m. Ashley Markow		
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Faculty/Staff Only \$75/semester or \$5 for single class pass

Session August 20– December 7

Cougar Fit J201 Johnson Ctr 5:30- 6:30 p.m. Lanear Brown	Indoor Cycling GSFC 5:30- 6:20 p.m. Lauren Vega	Power Yoga J201 Johnson Ctr 5:30- 6:30 p.m. Jessica Ray	Cougar Fit GSFC 5:30- 6:30 p.m. Lanear Brown			
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Program Notes

Register and make your payment on the **Marketplace** at 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 with questions.