

Group Fitness Schedule \$42/semester

Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Group Fitness Schedule. Class size limited to 25. Reservation required.

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	HIIT GSFC 4:30- 5:15 p.m. Sara Coleman	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	HIIT GSFC 3:15- 4:00 p.m. Sara Coleman	CRS Boot Camp GSFC 4:15- 5:00 p.m. Lanear Brown	Power Yoga GSFC 6:30- 7:30 p.m. Lauren Vega	Cougar-X Training GSFC 5:00- 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				

Indoor Cycling Class size limited to 10. Reservation required.

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

Purchase your group fitness package on the **Marketplace** at www.campusrec.cofc.edu.

Class reservations are required. Reserve and create your IMLeagues account at www.imleagues.com/spa/account/registration

Class reservations open approximately 24 hours prior to the start of each class.

The sign-up calendar is found at <http://campusrec.cofc.edu/fitness/group-fitness/index.php>

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