

Group Fitness Schedule \$42/semester

Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

Group Yoga Schedule. Class size limited to 25. Reservation required for Power Yoga

Session August 26– December 6

Community Yoga 5:30- 6:30 p.m.	Power Yoga 12:30- 1:20 p.m.	Community Yoga 5:30- 6:30 p.m.	Power Yoga 12:30- 1:30 p.m.			
	Power Yoga 5:30- 6:30 p.m.		Power Yoga 8:00- 9:00 p.m.			

Group Fitness Schedule. Class size limited to 25. Reservation required.

Session August 26– December 6

Core Blast 12:00- 12:45 p.m.	Cougar-X Training 7:05- 8:05 a.m.	Core Blast 12:00- 12:45 p.m.	HIIT 3:30- 4:30 p.m.	Total Body Training 4:00- 4:45 p.m.	Cougar-X Training 9:05- 10:05 a.m.	
Total Body Training 4:00- 4:45 p.m.	HIIT 6:30- 7:15 p.m.	Total Body Training 4:00- 4:45 p.m.	Butts & Guts 7:15- 8:00 p.m.	Cougar-X Training 5:15- 6:15 p.m.		
Butts & Guts 7:15 8:00 p.m.						

Indoor Cycling Class size limited to 10. Reservation required.

Session August 26- December 6

Indoor Cycling 7:00- 7:55 a.m.		Indoor Cycling 6:45- 7:45 p.m.	Indoor Cycling 5:00- 6:00 p.m.	Indoor Cycling 7:00- 7:55 a.m.		
-----------------------------------	--	-----------------------------------	-----------------------------------	-----------------------------------	--	--

Faculty/Staff Only Free to faculty/staff.

Session August 19– December 6

Cougar Fit J201 Johnson Ctr 5:15- 6:15 p.m.		Cougar Fit J201 Johnson Ctr 5:15- 6:15 p.m.		Cougar Fit J201 Johnson Ctr 5:15- 6:15 p.m.		
---	--	---	--	---	--	--

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.