## Campus Recreation Services
### Spring 2016 Group Fitness Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>8:15-9:00 a.m.</td>
<td>8:00-8:45 a.m.</td>
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<td>4:15-5:00 p.m.</td>
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<td>10:15-11:15 a.m.</td>
<td>Power Yoga Fitness Center</td>
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<td>Cougar Barre</td>
<td>Cougar Training</td>
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<td>4:15-5:00 p.m.</td>
<td>4:45-5:30 p.m.</td>
<td>5:15-6:15 p.m.</td>
<td>5:15-6:15 p.m.</td>
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<td>Cougar Plyoga</td>
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<td>5:15-6:15 p.m.</td>
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<td>5:30-6:30 p.m.</td>
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<td>ZUMBA-Hip Hop</td>
<td>Cougar Training</td>
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<tr>
<td>Cougar Fit (Fac/Staff) J-201</td>
<td>5:30-6:30 p.m. CRS YOGA J-201</td>
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<td>6:30-7:15 p.m.</td>
<td>6:30-7:20 p.m.</td>
<td>6:30-7:15 p.m.</td>
<td>6:45-7:35 p.m.</td>
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<tr>
<td>HIIT</td>
<td>Cougar Core</td>
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<td>Cougar Barre</td>
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$40 for the entire semester. Please visit our website at campusrec.cofc.edu for a complete description of each class.

Schedule is effective January 11, 2016!

Group Fitness Pass:
- $40 per semester
- Includes: Cougar Plyoga, Cougar Training, HIIT, ZUMBA Fitness, Cougar Core, Power Yoga, & Cougar Barre!

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**Cougar Fit (Fac/Staff):**
- $42 per session
- $5 per individual class

**CRS Yoga with Skip:**
- $42 1 classes per week
- $70 2 classes per week

* CRS reserves the right to adjust and/or cancel classes that do not meet the minimum group fitness participation requirements. Minimum requirements are determined based on class and instructor.  

Revised 12/11/15