

Group Fitness Schedule

Spring 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Group Fitness Package \$42/semester

Session January 15– April 20

HIIT GSFC 4:30- 5:15 p.m. Haylee Babb	Cougar X Training GSFC 4:00- 5:00 p.m. Martin Kiriluk	Zumba GSFC 4:15- 5:15 p.m. Omar Valencia	HITT GSFC 4:30- 5:15 p.m. Haylee Babb	Cougar X Training GSFC 4:00- 5:00 p.m. Martin Kiriluk		Yoga Hour GSFC 7:30- 8:30 p.m. Emma Dooley
Butts & Guts GSFC 5:30- 6:15 p.m. Lauren Vega	Power Yoga GSFC 6:30- 7:30 p.m. Lauren Vega	Butts & Guts GSFC 5:30- 6:15 p.m. Lauren Vega	Power Yoga GSFC 6:30- 7:30 p.m. Lauren Vega			
Cardio Kickboxing GSFC 6:30- 7:15 p.m. Ariana Carr		Yoga Hour GSFC 7:45- 8:45 p.m. Emma Dooley	Zumba GSFC 7:30- 8:30 p.m. Omar Valencia			

Indoor Cycling Reservation required. Limited class size. Included in the group fitness package or as a \$5 drop-in pass per class.

	Indoor Cycling GSFC 5:30- 6:30 p.m. Lauren Vega			Indoor Cycling GSFC 4:30- 5:30 p.m. Haylee Babb		
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Faculty/Staff Only \$75/semester for Cougar Fit or a \$5 drop-in pass per class.

Session January 8– May 2

Cougar Fit J201 Johnson Ctr 5:30- 6:30 p.m. Lanear Brown		Cougar Fit J201 Johnson Ctr 5:30- 6:30 p.m. Lanear Brown	Indoor Cycling GSFC 5:30- 6:30 p.m. Lauren Vega			
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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.