

**Group Fitness Schedule \$42/semester**

**Spring 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Group Yoga Schedule. Class size limited to 25. Reservation required.						Session	January 8– April 26
Power Yoga 6:00- 7:00 p.m.	Community Yoga 6:30- 7:30 p.m.	Community Yoga 12:00- 12:50 p.m.	Community Yoga 7:00- 7:55 a.m.				
		Power Yoga 6:00- 7:00 p.m.					

Group Fitness Schedule. Class size limited to 25. Reservation required.						Session	January 8– April 26
Total Body Training 4:00- 4:45 p.m.	Cougar-X Training 7:05- 8:05 a.m.	Total Body Training 4:00- 4:45 p.m.	Core Blast 4:00- 4:30 p.m.	Butts & Guts 9:15- 10:00 a.m.	Cougar-X Training 10:05- 11:05 a.m.		
Butts & Guts 5:00- 5:45 p.m.	HIIT 3:00- 4:00 p.m.	Butts & Guts 5:00- 5:45 p.m.	Zumba 6:45- 7:45 p.m.	HIIT 3:30- 4:30 p.m.			
	Core Blast 4:30- 5:00 p.m.			Cougar-X Training 4:45- 5:45 p.m.			

Indoor Cycling Class size limited to 10. Reservation required.						Session	January 8- April 26
	Indoor Cycling 5:30- 6:30 p.m.		Indoor Cycling 5:30- 6:30 p.m.	Indoor Cycling 7:00- 7:55 a.m.	Indoor Cycling 10:00- 10:55 a.m.		

Faculty/Staff Only Free to faculty/staff.						Session	January 7– April 26
Cougar Fit J201 Johnson Ctr 5:05- 5:55 p.m.		Cougar Fit J201 Johnson Ctr 5:05- 5:55 p.m.		Cougar Fit J201 Johnson Ctr 5:05- 5:55 p.m.			

**Program Notes**

Purchase your group fitness package on the **Marketplace** at [www.campusrec.cofc.edu](http://www.campusrec.cofc.edu).

Class reservations are required. Reserve and create your IMLeagues account at [www.imleagues.com/spa/account/registration](http://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.