

Group Fitness Schedule \$42/semester

Spring 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Yoga Schedule. Class size limited to 25. Reservation required for Power Yoga						Session January 13– May 1
Heated Power Yoga 6:30- 7:30 p.m.	Community Yoga 5:30- 6:30 p.m.	Heated Power Yoga 5:30- 6:30 p.m.	Heated Power Yoga 7:00- 8:00 p.m.			
Group Fitness Schedule. Class size limited to 25. Reservation required.						Session January 13– May 1
Total Body Training 4:00- 4:45 p.m.	HIIT 6:30- 7:15 p.m.	Core Blast 3:00- 3:45 p.m.	HIIT 4:00- 4:45 p.m.	Core Blast 3:00- 3:45 p.m.		
Butts & Guts 7:30- 8:30 p.m.		Total Body Training 4:00- 4:45 p.m.		Total Body Training 4:00- 4:45 p.m.		
Indoor Cycling Class size limited to 10. Reservation required.						Session January 13- May 1
Indoor Cycling 5:00- 5:55 p.m.		Indoor Cycling 6:30- 7:25 p.m.	Indoor Cycling 5:30- 6:25 p.m.		Indoor Cycling 9:00- 9:55 a.m.	
Faculty/Staff Only Free to faculty/staff.						Session January 6– May 1
Cougar Fit J201 Johnson Ctr 5:15- 6:15 p.m.	Tuesdays with Sara Johnson Ctr. 12:00- 1:00 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.