



# Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes.

Group Exercise Schedule

Fall 2017

Effective date: 8/23/2017

Class Location Key	RWC Group Exercise Studio	Knights Plaza Mind Body Studio (KP)	RWC Spin Studio (s)	RWC Multipurpose Room (MPR)
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM	<b>Cycle (s)</b> Molly	<b>Cycle (s)</b> Seher	<b>Yoga</b> Monica	<b>Cycle (s)</b> Rachel	<b>Yoga</b> Sara	<b>Cycle (s)</b> Molly		
9:15 AM		<b>Yoga Nidra with Hammocks (KP)</b> (30 min) WHPS				<b>Yoga (KP)</b> Madi		
10:00 AM	<b>TRX Total Body (KP)</b> (45 Min) RJ	<b>Yoga (KP)</b> Britani		<b>TRX Total Body (KP)</b> (45 Min) Amy				
11:00 AM					<b>Zumba Express</b> (30 min) Elyse	<b>Barre (KP)</b> Holly	<b>Zumba</b> Yan	
12:00 PM	<b>Barre (KP)</b> RJ	<b>Barre (KP)</b> Holly	<b>Advanced Yoga (KP)</b> Sara	<b>Yoga (KP)</b> Sara	<b>Yoga (KP)</b> Britani	<b>Yoga (KP)</b> Monica	<b>Yoga (KP)</b> Sarah	
12:30 PM	<b>Cycle (s)</b> Yan	<b>Cycle (s)</b> RJ	<b>Cycle (s)</b> Seher	<b>Express Cycle (s)</b> (30 Min) RJ	<b>Cycle (s)</b> Yan	<b>Cycle (s)</b> Michele		
2:00 PM	<b>Yoga (KP)</b> Britani	<b>Lower Body Blast</b> (30 Min) Katelyn		<b>Lower Body Blast</b> (30 Min) Cali	<b>Restorative Yoga (KP)</b> Monica			
2:30 PM	<b>Step &amp; Tone</b> Lora	<b>Upper Body Blast</b> (30 Min) Katelyn		<b>Upper Body Blast</b> (30 Min) Cali				
3:00 PM	<b>Total Core (MPR)</b> (30 Min) Katelyn	<b>Total Core</b> (30 Min) Katelyn	<b>Barre (KP)</b> Lora	<b>Zumba</b> Elyse	<b>Total Core</b> (30 Min) Cali	<b>Yoga Open Hour (KP)</b> Monica	<b>Hip Hop Cardio</b> Na'Chelle	
3:30 PM	<b>Flexibility (MPR)</b> (30 Min) Katelyn							
4:15 PM	<b>Trampoline (MPR)</b> (45 Min) Katelyn	<b>Cycle (s)</b> Kristen	<b>Cycle (s)</b> Anderson	<b>Cycle (s)</b> Anderson	<b>Step &amp; Tone</b> Gina	<b>Cycle (s)</b> Kristen	<b>Power Yoga (KP)</b> Mariah	<b>Cycle (s)</b> Rachel
4:30 PM	<b>Kickboxing</b> (45 Min) Holly	<b>Step &amp; Tone</b> Valeria	<b>Kickboxing</b> Amy					
4:45 PM	<b>Guided Meditation (KP)</b> (30 Min) WHPS							
5:15 PM	<b>SWEAT</b> Cali	<b>Yoga (KP)</b> Sara	<b>Yoga (KP)</b> Anna	<b>Kickboxing</b> Katelyn	<b>Barre (KP)</b> Lora	<b>Yoga Open Hour (KP)</b> Mariah		
5:45 PM	<b>Advanced Yoga (KP)</b> Monica	<b>Hip Hop Cardio</b> PC	<b>SWEAT</b> Molly			<b>Hip Hop Cardio</b> PC	<b>Hip Hop Cardio</b> Na'Chelle	
6:30 PM	<b>Lower Body Blast</b> (30 Min) Swaran	<b>Power Yoga (KP)</b> Anna	<b>Pilates (KP)</b> Mary	<b>Lower Body Blast</b> (30 Min) Michelly	<b>Yoga (KP)</b> Sarah	<b>Yoga (KP)</b> Monica	<b>Power Yoga (KP)</b> (75 Min) Mariah	
6:45 PM	<b>Cycle (s)</b> Seher	<b>Pilates (KP)</b> Mary	<b>Cycle (s)</b> Swaran	<b>Cycle (s)</b> Swaran	<b>Cycle (s)</b> Michele		<b>Cycle (s)</b> Alexys	
7:00 PM	<b>Upper Body Blast</b> (30 Min) Swaran	<b>Kickboxing</b> Yan	<b>Hip Hop Cardio</b> Alexys	<b>Upper Body Blast</b> (30 Min) Michelly				
7:30 PM	<b>Total Core</b> (30 Min) Swaran			<b>Total Core</b> (30 Min) Michelly				
8:00 PM	<b>Yoga (KP)</b> Anna	<b>Advanced Yoga (KP)</b> Mariah	<b>Yoga (KP)</b> Britani	<b>Yoga (KP)</b> Mariah				
8:15 PM	<b>Zumba</b> Michelly	<b>Cycle (s)</b> Rachel	<b>Zumba</b> RJ	<b>Cycle (s)</b> Jessica	<b>Step &amp; Tone</b> Michelly	<b>Cycle (s)</b> Michele	<b>Zumba</b> Yan	<b>Cycle (s)</b> Seher