



Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

Group Exercise Schedule
Spring Break 2018
Effective date: 3/10/18-3/18/18

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.

Class Location Key	RWC Group Exercise Studio	RWC Spin Studio
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Saturday 3/10	Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
Yoga 12:00pm, Sara D.	Yoga 12:00pm, Sara D.	Lower Body Blast 12:00pm, Kim	Yoga 12:00pm, Sara D.	SWEAT 12:00pm, Kim	Yoga 12:00pm, Britani
Sunday 3/11 Cycle 6:45pm, Swaran	Cycle 12:30pm, Britani	Upper Body Blast 12:30pm, Kim	Cycle 12:30pm, Yan	Cycle 12:30pm, Yan	Cycle 12:30pm, Valerie
	Cycle 4:15pm, Kim	Total Core 1:00pm, Kim	Lower Body Blast 2:00pm, Yan	Yoga 4:00pm, Sara D.	Zumba 2:00pm, Elyse
	Lower Body Blast 7:00pm, Swaran	Yoga 4:00pm, Sara D.	Upper Body Blast 2:30pm, Yan	Step and Tone 5:30pm, Valerie	Saturday 3/17 Zumba 12:00pm, Yan
	Upper Body Blast 7:30pm, Swaran	Strong By Zumba 5:30pm, RJ	Total Core 3:00pm, Yan		
Total Core 8:00pm, Swaran	Cycle 6:45pm, Britani		Cycle 4:15pm, Kim		Cycle 12:30pm, RJ
			Yoga 5:30pm, Britani		Sunday 3/18 Yoga 5:30pm, Madi
			Cycle 6:45pm, Swaran		
					Cycle 6:45pm, Swaran
					Kickboxing 7:00pm, Yan