



# Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

Group Exercise Schedule  
 Summer Break 2018  
 Effective date: 8/13/2018

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.

<b>Class Location Key</b>	<b>RWC Group Exercise Studio</b>	<b>RWC Cycle Studio</b>
---------------------------	----------------------------------	-------------------------

Monday 8/13	Tuesday 8/14	Wednesday 8/15	Thursday 8/16	Friday 8/17
Pilates 12:00pm, Kim	Yoga 12:00pm, Britani	Yoga 12:00pm, Britani	Yoga 12:00pm, Sarah M.	Cycle 12:30pm, RJ
Cycle 12:30pm, Mikaela	Step 4:30pm, Britani	Cycle 12:30pm, Mikaela	Yoga 6:00pm, Chris	Hip Hop Cardio 4:30pm, Mikaela
Lower Body Blast (30 min) 4:30pm, Yan	SWEAT 6:00pm, Kim	Hip Hop Cardio 4:30pm, Mikaela	Cycle 6:45pm, Mikaela	
Upper Body Blast (30 min) 5:00pm, Yan	Cycle 6:45pm, RJ	Cycle 6:45pm, Kiara	Zumba 7:30pm, Lexie	
Total Core (30 min) 5:30pm, Yan	Zumba 7:30pm, Lexie	SWEAT 6:00pm, Kim		
Cycle 6:45pm, Kim				
Zumba 7:30pm, Lexie				