



Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

Class Location Key	RWC Group Exercise Studio	RWC Multipurpose Room
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MLK DAY SCHEDULE Monday, January 20th

Monday 	
F45 (45 min)	
12:00pm, Macy & Zach	
Zumba*	
12:00pm, Taylor	
Cycle	
12:30pm, Julia	
Trampoline (45 min)	
4:00pm, Kristen	
F45 (45 min)	
6:00pm, Monica & Tara	
Lower Body Blast (30 min)	
6:00pm, Kim	
Upper Body Blast (30 min)	
6:30pm, Kim	
Cycle	
6:45pm, Kristen	
Total Core (30 min)	
7:00pm, Kim	
F45 (45 min)	
7:00pm, Monica & Tara	
Hip Hop Cardio	
7:45pm, Lexie	

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.