

GROUP FITNESS SCHEDULE

LCU Rec Center

FALL 2019

Monday

time	class	location	instructor
6:00-7:00 am	Boot Camp	GRX	Tami
5:15-6:15 pm	Power Yoga	GRX	Tami

Friday

time	class	location	instructor
12:15-12:45 pm	Spin	GRX	Tami

Tuesday

time	class	location	instructor
5:30-6:15 pm	Zumba	GRX	Shannon

Wednesday

time	class	location	instructor
6:00-7:00 am	Spin	GRX	Tami

*Instructors are not guaranteed and may change due to illness.



SPINNING



**BOOT
CAMP**

Class Descriptions

Spin - Designed for all fitness levels. This class is limited to 10 participants. Climbs, hills and flats, this class will give you a great cardio workout!

Boot Camp - HIIT, cardio, strength, & much more all in one hour long class!

Zumba - combines latin and international music with dance moves; routines incorporate interval training & resistance training.

Power Yoga - a vinyasa style flow yoga that focuses on building strength in addition to flexibility.