GROUP FITNESS

MONDAY

- SUNRISE BOOCTAMP 6:30 A.M. | 50 MIN  
  - Brittany

- TOTAL BODY STRENGTH 11 A.M. | 50 MIN  
  - Damien

- YOGA NOON | 60 MIN  
  - Ali

- PIILATES 4 P.M. | 50 MIN  
  - Anne

- TRX 5 P.M. | 50 MIN  
  - Nicole

- CYCLE 5:15 P.M. | 45 MIN  
  - Ariel

TUESDAY

- CYCLE 6:30 A.M. | 45 MIN  
  - Brittany

- HIIT & CORE 6:30 A.M. | 50 MIN  
  - Kelly

- YOGA 7:30 A.M. | 60 MIN  
  - Erika

- YOGA 9 A.M. | 60 MIN  
  - Kristen

- CYCLE 11 A.M. | 45 MIN  
  - Brittany

- HIIT & Core 11 A.M. | 50 MIN  
  - Brittany

- GENTLE YOGA NOON | 60 MIN  
  - Ali

- TRX NOON | 50 MIN  
  - Ashley

- TOTAL BODY STRENGTH NOON | 50 MIN  
  - Damien

- DANCE FUSION 4 P.M. | 50 MIN  
  - Gigi

- CYCLE & CORE 4 P.M. | 50 MIN  
  - Paige

- GENTLE YOGA 4 P.M. | 60 MIN  
  - Erika

WEDNESDAY

- TOTAL BODY STRENGTH 5 P.M. | 50 MIN  
  - Ashley

- HIIT & CORE 4 P.M. | 50 MIN  
  - Kelly

- YOGA 5 P.M. | 60 MIN  
  - Daniela

- CYCLE 5:15 P.M. | 45 MIN  
  - Katie

- POWER KICKBOXING 6 P.M. | 50 MIN  
  - Brittany

- ZUMBA 6 P.M. | 50 MIN  
  - Karla

- HIIT & CORE 6 P.M. | 50 MIN  
  - Katie

- BOOTCAMP 6:15 P.M. | 50 MIN  
  - Damien

THURSDAY

- BOOTCAMP 5:45 P.M. | 50 MIN  
  - DJ

- BOOTCAMP 5:45 P.M. | 50 MIN  
  - Karla

- YOGA 6 P.M. | 50 MIN  
  - Stacey

- YOGA 7:30 A.M. | 60 MIN  
  - Erika

- CYCLE 7:30 A.M. | 45 MIN  
  - Kristin

- YOGA 7:30 A.M. | 60 MIN  
  - Kristen

- ZUMBA 7 P.M. | 50 MIN  
  - Karla

- SCHEDULE DATES:  
  SUMMER 1 MAY 15 – JUNE 26  
  NO CLASSES ON UNIVERSITY HOLIDAYS

For more information please contact:  
FAU Campus Recreation  
Web: fau.edu/campusrec  
Phone: 561-297-4512  
Social Media: @FAUCampusRec