

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

FALL 2025: AUGUST 18 - NOVEMBER 30



MON	TUE	WED	THU
7:00 AM			
	CYCLE STUDIO A KATIE BURKE		CYCLE STUDIO A OLIVIA
9:00 AM			
CYCLE STUDIO A LINDSAY		CYCLE STUDIO A CALLI	CYCLE STUDIO A LINDSAY
		MAT SCULPT PILATES STUDIO B TAMARA	
10:30 AM			
CYCLE STUDIO A PEYTON		CYCLE STUDIO A PEYTON	CYCLE STUDIO A GIANNA
	GENTLE YOGA STUDIO C KALINDI		ALL LEVELS YOGA STUDIO C AVA
12:15 PM			
	CYCLE STUDIO A ARIANA		CYCLE STUDIO A ARIANA
TOTAL BODY STRENGTH STUDIO B MAGUIRE	TRX STUDIO B DAMIEN	TRX STUDIO B	TOTAL BODY STRENGTH STUDIO B DAMIEN
GENTLE YOGA STUDIO C SUSAN		GENTLE YOGA STUDIO C SUSAN	
4:00 PM			
CYCLE STUDIO A KATIE BOWMAN		CYCLE STUDIO A KATIE BOWMAN	CYCLE STUDIO A TAMERA
	MAT SCULPT PILATES STUDIO B JACENTA		MAT SCULPT PILATES STUDIO B JACENTA
ALL LEVELS YOGA STUDIO C AVA	KICKBOXING STUDIO C CHERY	ALL LEVELS YOGA STUDIO C AVA	
5:15PM			
	CYCLE STUDIO A ANA S.	CYCLE STUDIO A CARLY	
MAT SCULPT PILATES STUDIO B ANA S.	ZUMBA STUDIO B ASHLEY	MAT SCULPT PILATES STUDIO B ANA S.	
	ALL LEVELS YOGA STUDIO C MARY	ALL LEVELS YOGA STUDIO C ALEXIS	ALL LEVELS YOGA STUDIO C TAMERA
6:15PM			
CYCLE STUDIO A ANA P.	CYCLE STUDIO A ANA P.	CYCLE STUDIO A GIULIANA	CYCLE STUDIO A NOAH
DANCE AND TONE STUDIO B FATIMA	MAT SCULPT PILATES STUDIO B TAMARA	DANCE AND TONE STUDIO B FATIMA	MAT SCULPT PILATES STUDIO B TAMARA
7:30 PM			
ALL LEVELS YOGA STUDIO B ANA S.		TOTAL BODY STRENGTH STUDIO B CHERY	
KICKBOXING STUDIO C KAYLA	TRAP YOGA STUDIO C TAMARA	KICKBOXING STUDIO C KAYLA	YOGA NIDRA STUDIO C TAMARA

FRI	SAT	SUN
10:30 AM		
CYCLE STUDIO A PEYTON		
MAT SCULPT PILATES STUDIO B JACENTA		
11:30 AM		
YOGA SCULPT STUDIO C JACENTA		
12:15 PM		
CYCLE STUDIO A ALLEA		CYCLE STUDIO A LINDSAY
5:15 PM		
		CYCLE STUDIO A BRENDA

KEY

CLASS FORMATS:

- DANCE, ZUMBA
- CARDIO, CYCLE
- SCULPT, PILATES
- KICKBOXING
- MIND/BODY, YOGA
- STRENGTH
- TRX

LOCATION:

RECREATION & FITNESS CENTER (RC-91), BOCA RATON CAMPUS

Exercise
is Medicine[®]
On Campus
Florida Atlantic University[®]

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES

JOIN US FOR REC RUN CLUB IN FRONT OF THE REC CENTER! WEDNESDAYS AT 6:30 PM

WORK A SWEAT AT TRX FREE FOR STUDENTS ALL DAY ON THURSDAYS! LOCATION: 1110 S FEDERAL HWY, DELRAY BEACH, FL, 33483



SCAN QR CODE
TO REGISTER
FOR CLASSES

@FAUCAMPUSREC

FITNESS@FAU.EDU | 561-297-0591 | FAU.EDU/CAMPUS REC

Reasonable accommodation should be requested of the event sponsor: Campus Recreation at 561-297-0591 and campusrec@fau.edu or TTY Relay Station at 1-800-955-8770. Please make your needs known as soon as possible to allow sufficient time for effective accommodations, preferably 5 days before the date of this event.