

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

| MON | TUE | WED | THU |
|---|---|---|---|
| 7:00 AM | | | |
| | CYCLE STUDIO A OLIVIA | | CYCLE STUDIO A KATIE BURKE |
| 9:00 AM | | | |
| CYCLE STUDIO A CALLI | CYCLE STUDIO A HANNAH | CYCLE STUDIO A OLIVIA | CYCLE STUDIO A CALLI |
| MAT SCULPT PILATES STUDIO B TAMARA | | MAT SCULPT PILATES STUDIO B TAMARA | |
| 10:30 AM | | | |
| CYCLE STUDIO A PEYTON | CYCLE STUDIO A GIGI | CYCLE STUDIO A PEYTON | CYCLE STUDIO A GIGI |
| GENTLE YOGA STUDIO C SUSAN | GENTLE YOGA STUDIO C KALINDI | GENTLE YOGA STUDIO C SUSAN | |
| 12:15 PM | | | |
| CYCLE STUDIO A LINDSAY | | | |
| | TRX STUDIO B DAMIEN | TRX STUDIO B | TOTAL BODY STRENGTH STUDIO B DAMIEN |
| 4:00 PM | | | |
| CYCLE STUDIO A KATIE BOWMAN | | CYCLE STUDIO A KATIE BOWMAN | CYCLE STUDIO A TAMERA |
| | PILATES STUDIO B TALIA | | MAT SCULPT PILATES STUDIO B BRIANNA |
| 5:15 PM | | | |
| | CYCLE STUDIO A ROSEANN | CYCLE STUDIO A ROSEANN | CYCLE STUDIO A SOPHIE |
| MAT SCULPT PILATES STUDIO B ANA | ZUMBA STUDIO B ASHLEY | MAT SCULPT PILATES STUDIO B ANA | REGGAEFIT STUDIO B |
| ALL LEVELS YOGA STUDIO C AVA | ALL LEVELS YOGA STUDIO C MARY | ALL LEVELS YOGA STUDIO C ALEXIS | ALL LEVELS YOGA STUDIO C TAMERA |
| 6:15 PM | | | |
| CYCLE STUDIO A ANA | CYCLE STUDIO A ANA | | CYCLE STUDIO A LINDSAY |
| DANCE & TONE STUDIO B FATIMA | TOTAL BODY STRENGTH STUDIO B MAGUIRE | DANCE & TONE STUDIO B FATIMA | TOTAL BODY STRENGTH STUDIO B MAGUIRE |
| | TRAP YOGA STUDIO C TAMARA | | TRAP YOGA STUDIO C TAMARA |
| 7:00 PM | | | |
| | CORE EXPRESS STUDIO B MAGUIRE | | CORE EXPRESS STUDIO B MAGUIRE |
| 7:30 PM | | | |
| TOTAL BODY STRENGTH STUDIO B CHERY | MAT SCULPT PILATES STUDIO B TAMARA | | MAT SCULPT PILATES STUDIO B TAMARA |
| ALL LEVELS YOGA STUDIO C AVA | | ALL LEVELS YOGA STUDIO C AVA | |

SPRING 2026: JANUARY 12-APRIL 26

| FRI | SAT | SUN |
|---------------------------------------|-----|--------------------------------|
| 10:30 AM | | |
| CYCLE STUDIO A PEYTON | | |
| MAT SCULPT PILATES STUDIO B GIGI | | |
| 12:15 PM | | |
| CYCLE STUDIO A ALLEA | | |
| 5:15 PM | | |
| | | CYCLE STUDIO A SOPHIE |
| | | KICKBOXING STUDIO C KAYLA |

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

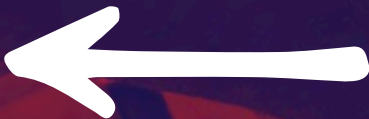
Florida Atlantic University®

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES!

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!



@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.

