

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 GLASSES!

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!



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.

