

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

SUMMER A 2026: MAY 16 - JUNE 26

MON	TUES	WED	THURS	FRI
9:30 AM				
				CYCLE STUDIO A ROSEANN 45 MIN
	MAT SCULPT PILATES STUDIO B ANA 45 MIN		MAT SCULPT PILATES STUDIO B ANA 45 MIN	
10:30 AM				
	CYCLE STUDIO A ANA 45 MIN	CYCLE STUDIO A ROSEANN 45 MIN	CYCLE STUDIO A ANA 45 MIN	
				GENTLE YOGA STUDIO C FAITH 1 HOUR
4:30 PM				
KICKBOXING STUDIO C GUNNAR 45 MIN		KICKBOXING STUDIO C GUNNAR 45 MIN		
5:15 PM				
	ALL LEVELS YOGA STUDIO C MARY 1 HOUR		ALL LEVELS YOGA STUDIO C TAMERA 1 HOUR	
6:30 PM				
CYCLE STUDIO A NOAH 45 MIN	CYCLE STUDIO A SOPHIE 45 MIN	CYCLE STUDIO A NOAH 45 MIN	CYCLE STUDIO A SOPHIE 45 MIN	
ALL LEVELS YOGA STUDIO C AVA 1 HOUR	TRAP YOGA STUDIO C FAITH 1 HOUR	ALL LEVELS YOGA STUDIO C AVA 1 HOUR		

KEY

CLASS FORMATS:

- CARDIO, CYCLE
- KICKBOXING
- SCULPT, PILATES
- MIND/BODY, YOGA

LOCATION:

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

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES!

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

SCAN QR CODE TO REGISTER FOR CLASSES



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.