

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

AUGUST 22 - DECEMBER 4

FALL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 A.M.			
	CYCLE 45 MIN. STUDIO A KATIE		CYCLE 45 MIN. STUDIO A KATIE
7:30 A.M.			
	BOXING BOOTCAMP 45 MIN. STUDIO C PAT	BOXING BOOTCAMP 45 MIN. STUDIO C ERIN	BOXING BOOTCAMP 45 MIN. STUDIO C PAT
12:15 P.M.			
CYCLE 45 MIN. STUDIO A GWEN			CYCLE 45 MIN. STUDIO A TALIA
	GENTLE YOGA 60 MIN. STUDIO B KALINDI	BARRE 45 MIN. STUDIO B TAMARA	ALL LEVELS YOGA 60 MIN. STUDIO B KALINDI
BOXING BOOTCAMP 45 MIN. STUDIO C MIA		BOXING BOOTCAMP 45 MIN. STUDIO C MIA	
4:00 P.M.			
CYCLE 45 MIN. STUDIO A GWEN	CYCLE 45 MIN. STUDIO A PATTY	CYCLE 45 MIN. STUDIO A JULIANA	CYCLE 45 MIN. STUDIO A TAMERA
GENTLE YOGA 60 MIN. STUDIO B KALINDI			ZUMBA 45 MIN. STUDIO B ALEXIA
	SELF DEFENSE 60 MIN. STUDIO C ATHINA		SELF DEFENSE 60 MIN. STUDIO C ATHINA
5:15 P.M.			
	CYCLE 45 MIN. STUDIO A ALYSSA	CYCLE 45 MIN. STUDIO A ALYSSA	
ZUMBA 45 MIN. STUDIO B ALEXIA	ALL LEVELS YOGA 60 MIN. STUDIO B MARY		ALL LEVELS YOGA 60 MIN. STUDIO B TAMERA
BOXING BOOTCAMP 45 MIN. STUDIO C BRI			
6:15 P.M.			
CYCLE 45 MIN. STUDIO A ERIN	CYCLE 45 MIN. STUDIO A LAELANI	CYCLE 45 MIN. STUDIO A PATTY	CYCLE 45 MIN. STUDIO A ALYSSA
ALL LEVELS YOGA 60 MIN. STUDIO B LINNSEY	PILATES 45 MIN. STUDIO B TAMARA	ALL LEVELS YOGA 60 MIN. STUDIO B ALEXIS	PILATES 45 MIN. STUDIO B TAMARA
7:30 P.M.			
CYCLE 45 MIN. STUDIO A HAILEY		CYCLE 45 MIN. STUDIO A GWEN	CYCLE 45 MIN. STUDIO A HAILEY
	HIP-HOP 45 MIN. STUDIO B TALIAH		HIP-HOP 45 MIN. STUDIO B TALIAH
	ALL LEVELS YOGA 60 MIN. STUDIO C TAMARA	BOXING BOOTCAMP 45 MIN. STUDIO C BRI	BOXING BOOTCAMP 45 MIN. STUDIO C LAELANI

FRIDAY	SATURDAY	SUNDAY
10:00 A.M.		
CYCLE 45 MIN. STUDIO A JULIANA		
12:15 P.M.		
	CYCLE 45 MIN. STUDIO A GABBY	
GENTLE YOGA 60 MIN. STUDIO B TAMERA		
BOXING BOOTCAMP 45 MIN. STUDIO C DAMIEN		
4:00 P.M.		
CYCLE 45 MIN. STUDIO A TALIA	BOXING BOOTCAMP 45 MIN. STUDIO C JOE	
5:15 P.M.		
		CYCLE 45 MIN. STUDIO A GABBY

KEY

RECREATION & FITNESS CENTER (RC-91)
STUDIO A
STUDIO B
STUDIO C

CLASS FORMATS

- DANCE - MIXXEDFIT, ZUMBA, HIP-HOP
- CARDIO - CYCLE
- SCULPT - BARRE, PILATES
- BOXING BOOTCAMP
- MIND/BODY - YOGA, SELF DEFENSE



SCAN QR CODE TO
REGISTER FOR CLASSES



@FAUCAMPUSREC

CAMPUSREC@FAU.EDU | 561-297-0591 | FAU.EDU/CAMPUSREC

REASONABLE ACCOMMODATION SHOULD BE REQUESTED OF THE EVENT SPONSOR: CAMPUS RECREATION AT FITNESS@FAU.EDU OR 561-297-0591 TTY RELAY STATION 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.