

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>SUNRISE BOOTCAMP 6:30 A.M.   50 MIN Karla</div>	<div>CYCLE 6:30 A.M.   45 MIN Brittany</div> <div>YOGA 7:30 A.M.   60 MIN Erika</div>	<div>HIIT &amp; CORE 6:30 A.M.   50 MIN Kelly</div> <div>YOGA 9 A.M.   60 MIN Kristen</div>	<div>YOGA 7:30 A.M.   60 MIN Kristen</div>	
<div>TOTAL BODY STRENGTH 11 A.M.   50 MIN Damien</div>		<div>CYCLE 11 A.M.   45 MIN Brittany</div>	<div>HIIT &amp; Core 11 A.M.   50 MIN Brittany</div>	<div>YOGA 11 A.M.   50 MIN Ariel</div>
<div>YOGA NOON   60 MIN Christine</div>	<div>YOGA NOON   60 MIN Ali</div>	<div>TOTAL BODY STRENGTH NOON   50 MIN Damien</div>	<div>GENTLE YOGA NOON   60 MIN Ali</div>	<div>TRX NOON   50 MIN Ashley</div>
<div>PILATES 4 P.M.   50 MIN Anne</div>	<div>HIIT &amp; CORE 4 P.M.   50 MIN Kelly</div>	<div>DANCE FUSION 4 P.M.   50 MIN GiGi</div>	<div>CYCLE &amp; CORE 4 P.M.   50 MIN Paige</div>	<div>GENTLE YOGA 4 P.M.   60 MIN Erika</div>
<div>TRX 5 P.M.   50 MIN Nicole</div>	<div>TOTAL BODY STRENGTH 5 P.M.   50 MIN Ashley</div>	<div>YOGA 5 P.M.   50 MIN Daniela</div>	<div>TRX 5 P.M.   50 MIN Lindsay</div>	
<div>CYCLE 5:15 P.M.   45 MIN Ariel</div>			<div>CYCLE 5:15 P.M.   45 MIN Katie</div>	
	<div>CYCLE 5:45 P.M.   45 MIN Paige</div>	<div>BOOTCAMP 5:45 P.M.   50 MIN DJ</div>	<div>BOOTCAMP 5:45 P.M.   50 MIN Karla</div>	
<div>POWER KICKBOXING 6 P.M.   50 MIN Brittany</div>	<div>ZUMBA 6 P.M.   50 MIN Karla</div> <div>BOOTCAMP 6:15 P.M.   50 MIN Damien</div>	<div>HIIT &amp; CORE 6 P.M.   50 MIN Katie</div>	<div>YOGA 6 P.M.   50 MIN Stacey</div>	
<div>YOGA 7 P.M.   55 MIN Rita</div>	<div>YOGA 7 P.M.   55 MIN Rita</div>	<div>CYCLE 7 P.M.   45 MIN Katie</div>	<div>ZUMBA 7 P.M.   50 MIN Karla</div>	

For more information please contact:  
FAU Campus Recreation  
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SCHEDULE DATES:  
SUMMER 1 MAY 15 – JUNE 26  
NO CLASSES ON  
UNIVERSITY HOLIDAYS

