



FLORIDA ATLANTIC UNIVERSITY

CAMPUS RECREATION | BOCA RATON CAMPUS

FALL 2018

GROUP FITNESS CLASS LINEUP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT / SUN

HIIT

30 MIN. | Aubree
6:30 A.M.

CORE

30 MIN. | Aubree
7 A.M.

YOGA

60 MIN. | Abril
7:30 A.M.

CYCLE

45 MIN. | Nancy
11 A.M.

YOGA

50 MIN. | Christine
NOON

STRETCH & MOBILITY
30 MIN. | Pedro
12:15 P.M.

STRENGTH

45 MIN. | Ana
1 P.M.

ZUMBA®

50 MIN. | Valeria
4 P.M.

HIIT

30 MIN. | Shawn
5 P.M.

CORE

20 MIN. | Shawn
5:30 P.M.

SUNSET BOOTCAMP
50 MIN. | Elijah
5:45 P.M.

ZUMBA®

50 MIN. | Corenne
6 P.M.

CYCLE

45 MIN. | Ashley
6:45 P.M.

TRX®

50 MIN. | Ana
7 P.M.

YOGA

60 MIN. | Rita
8 P.M.

CYCLE

45 MIN. | Nancy
6:30 A.M.

YOGA

50 MIN. | Diana
9 A.M.

TRX®

45 MIN. | Mily
11 A.M.

YOGA

50 MIN. | Lexi
NOON

HIIT

30 MIN. | Aubree
1 P.M.

CORE

20 MIN. | Aubree
1:30 P.M.

ZUMBA®

50 MIN. | Valeria
4:15 P.M.

LW. BODY STRENGTH

40 MIN. | Shawn
5:15 P.M.

CYCLE

45 MIN. | Jackie
5:15 P.M.

UP. BODY STRENGTH

40 MIN. | Shawn
6:15 P.M.

SUNSET BOOTCAMP
50 MIN. | Miriam
6:15 P.M.

CYCLE

45 MIN. | Ashley
6:45 P.M.

ZUMBA®

50 MIN. | Ana
7 P.M.

YOGA

75 MIN. | Rita
8 P.M.

SUNRISE BOOTCAMP

50 MIN. | Miriam
6:30 A.M.

YOGA

60 MIN. | Diana
7:30 A.M.

CYCLE

45 MIN. | Sydney
11 A.M.

STADIUM BOOTCAMP

45 MIN. | Pedro
NOON

STRETCH & MOBILITY
30 MIN. | Angel
12:15 P.M.

YOGA

60 MIN. | Lexi
1 P.M.

YOGA

50 MIN. | Diana
4:15 P.M.

HIIT

30 MIN. | Shawn
5:15 P.M.

CORE

20 MIN. | Shawn
5:45 P.M.

SUNSET BOOTCAMP
50 MIN. | Elijah
5:45 P.M.

CYCLE

45 MIN. | Karla
6 P.M.

LW. BODY STRENGTH

40 MIN. | Chris
6:15 P.M.

UP. BODY STRENGTH

40 MIN. | Chris
7:15 P.M.

CYCLE

45 MIN. | Ashley
7:30 P.M.

ZUMBA®

50 MIN. | Ana
8 P.M.

CYCLE

45 MIN. | Sydney
6:30 A.M.

RESTORATIVE YOGA

60 MIN. | Lexi
9 A.M.

HIIT

30 MIN. | Mily
11 A.M.

CORE

20 MIN. | Mily
11:30 A.M.

YOGA

60 MIN. | Tamera
NOON

ZUMBA®

50 MIN. | Valeria
4 P.M.

TRX®

50 MIN. | Miriam
5 P.M.

YOGA

50 MIN. | Diana
6 P.M.

SUNSET BOOTCAMP
50 MIN. | Mily
6:15 P.M.

HIIT

30 MIN. | Jackie
7 P.M.

CYCLE

45 MIN. | Karla
7:15 P.M.

CORE

20 MIN. | Jackie
7:30 P.M.

YOGA II

60 MIN. | Rita
8 P.M.

YOGA

60 MIN. | Adriana
SAT. 11 A.M.

YOGA

50 MIN. | Adriana
SUN. 6:30 P.M.

SCHEDULE IS SUBJECT TO CHANGE | NO CLASSES ON UNIVERSITY HOLIDAYS



STRENGTH
& CORE



CYCLING



CARDIO &
STRENGTH
FUSION



DANCE



MIND
& BODY