GROUP FITNESS SCHEDULE

CAMPUS RECREATION BOCA RATON CAMPUS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
CYCLE 45 mins. STUDIO A Makayla	6:15 HIIT 45 mins. STUDIO B Brittany	BOOTCAMP 45 mins. STADIUM Bethany	CYCLE 45 mins. STUDIO A Brittany		
LOWER STRENGTH 45 mins. STUDIO B Shawn	ALL LEVELS YOGA 60 mins. STUDIO B Victoria	.m. HIIT 30 mins. STUDIO B Shawn	ALL LEVELS YOGA 60 mins. STUDIO B Victoria		
CORE STRENGTH 30 mins. STUDIO B Rachel	STRETCH 45 mins. STUDIO B Bethany	a.m. CORE STRENGTH 30 mins. STUDIO B Rachel	STRETCH 45 mins. STUDIO B Angell		
	NO	ON			
CYCLE 45 mins. STUDIO A Jackie	HIIT 45 mins. STUDIO B Aubree	TRX 45 mins. STUDIO B Milly	CYCLE 45 mins. STUDIO A Makayla		
TRX 45 mins. STUDIO B Bethany	POWER FLOW YOGA 60 mins. Studio C Lexi	BEGINNER YOGA 60 mins. STUDIO C Tamera	HIIT 45 mins. STUDIO B Aubree		
ADVANCED YOGA 60 mins. STUDIO C Christine		WALKING WEDNESDAYS* 45 mins. (First 8 weeks) Admin. Building	POWER FLOW YOGA 60 mins. STUDIO C Tamera		
	4 0	.m.			
PILATES 45 mins. STUDIO B Anne	GENTLE FLOW YOGA 60 mins. Studio B Lexi	PILATES 45 mins. STUDIO B Anne	GENTLE FLOW YOGA 60 mins. STUDIO B Lexi		
	CORE STRENGTH 30 mins. Studio C Milly		CORE STRENGTH 30 mins. STUDIO C Milly		
	5:15	p.m.			
CYCLE 45 mins. STUDIO A Lindsey		CYCLE 45 mins. STUDIO A Tamera	CYCLE 45 mins. STUDIO A Camila		
GENTLE FLOW YOGA 45 mins. STUDIO B Diana	UPPER STRENGTH 45 mins. STUDIO B Lindsey	RESTORATIVE YOGA 45 mins. STUDIO B Diana	LOWER STRENGTH 45 mins. STUDIO B Aubree		
HIIT 45 mins. Stadium Milly		HIIT 45 mins. STADIUM Bethany			
	6:15	p.m.			
ZUMBA 45 mins. STUDIO B Tressy	CYCLE 45 mins. STUDIO A Jackie	ZUMBA 45 mins. STUDIO B Tressy	CYCLE 45 mins. STUDIO A Evelise		
	LOWER STRENGTH 45 mins. STUDIO B Lindsey		UPPER STRENGTH 45 mins. STUDIO B Shawn		
			HIIT 45 mins. STADIUM Jackie		
	7:15	p.m.			
TRX 45 mins. STUDIO B Miriam	ZUMBA 45 mins. STUDIO B Ana	TRX 45 mins. STUDIO B Miriam	ZUMBA 45 mins. STUDIO B GiGi		
	CYCLE 45 mins. STUDIO A Evelise				
8:15 p.m.					
TOTAL STRENGTH 45 mins. STUDIO B Ana	POWER FLOW YOGA 60 mins. STUDIO B Rita	DANCE FUSION 60 mins. Studio B Gigi	POWER FLOW YOGA 60 mins. STUDIO B Rita		

SATURDAY	SUNDAY				
9 a.m.					
NOON					
ALL LEVELS YOGA 60 mins. STUDIO B Tamera					
1 p.m.					
	POWER FLOW YOGA 60 mins. STUDIO B Lexi				
4 p.m.					
GENTLE FLOW YOGA 60 mins. STUDIO B Victoria					
5 p.m.					
	CYCLE 45 mins. STUDIO A Camila				
6 р.т.					
	RESTORATIVE YOGA 60 mins. Studio B Lexi				
	NOON ALL LEVELS YOGA 60 mins. STUDIO B Tamera 1 p.m. 4 p.m. GENTLE FLOW YOGA 60 mins. STUDIO B Victoria 5 p.m.				

FAU.EDU/CAMPUSREC CAMPUSREC@FAU.EDU 561-297-4512









Division of Student Affairs and Enrollment Management Florida Atlantic University

GROUP FITNESS SCHEDULE

GAI	NPUS KEGKE	ATION BOCA RA	IIUN GAMPUS				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
		6:15	a.m.				
STU	CYCLE 45 mins. IDIO A Makayla	HIIT 45 mins. STUDIO B Brittany	BOOTCAMP 45 mins. STADIUM Bethany	CYCLE 45 mins. STUDIO A Brittany			
010							
_	7 a.m.						
	WER STRENGTH 45 mins. UDIO B Shawn	ALL LEVELS YOGA 60 mins. STUDIO B Victoria	HIIT 30 mins. STUDIO B Shawn	ALL LEVELS YOGA 60 mins. STUDIO B Victoria			
		11 :	a.m.				
	ORE STRENGTH 30 mins. UDIO B Rachel	STRETCH 45 mins. STUDIO B Bethany	CORE STRENGTH 30 mins. STUDIO B Rachel	STRETCH 45 mins. STUDIO B Angell			
		NO	ON				
ST	CYCLE 45 mins. UDIO A Jackie	HIIT 45 mins. STUDIO B Aubree	TRX 45 mins. STUDIO B Milly	CYCLE 45 mins. STUDIO A Makayla			
STU	TRX 45 mins. JDIO B Bethany	POWER FLOW YOGA 60 mins. Studio C Lexi	BEGINNER YOGA 60 mins. STUDIO C Tamera	HIIT 45 mins. STUDIO B Aubree			
	DVANCED YOGA 60 mins. DIO C Christine		WALKING WEDNESDAYS* 45 mins. (First 8 weeks) Admin. Building	POWER FLOW YOGA 60 mins. STUDIO C Tamera			
		4.0).m.				
	PILATES	GENTLE FLOW YOGA	PILATES	GENTLE FLOW YOGA			
S	45 mins. FUDIO B Anne	60 mins. STUDIO B Lexi	45 mins. STUDIO B Anne	60 mins. STUDIO B Lexi			
		CORE STRENGTH 30 mins. Studio C Milly		CORE STRENGTH 30 mins. STUDIO C Milly			
		5:15	p.m.				
STU	CYCLE 45 mins. UDIO A Lindsey		CYCLE 45 mins. STUDIO A Tamera	CYCLE 45 mins. STUDIO A Camila			
	NTLE FLOW YOGA 45 mins. 'UDIO B Diana	UPPER STRENGTH 45 mins. STUDIO B Lindsey	RESTORATIVE YOGA 45 mins. STUDIO B Diana	LOWER STRENGTH 45 mins. STUDIO B Aubree			
s	HIIT 45 mins. TADIUM Milly		HIIT 45 mins. STADIUM Bethany				
		6:15	p.m.				
ST	ZUMBA 45 mins. UDIO B Tressy	CYCLE 45 mins. STUDIO A Jackie	ZUMBA 45 mins. STUDIO B Tressy	CYCLE 45 mins. STUDIO A Evelise			
Г		LOWER STRENGTH 45 mins. STUDIO B Lindsey		UPPER STRENGTH 45 mins. STUDIO B Shawn			
				HIIT 45 mins. STADIUM Jackie			
			p.m.				
ST	TRX 45 mins. UDIO B Miriam	ZUMBA 45 mins. STUDIO B Ana	TRX 45 mins. STUDIO B Miriam	ZUMBA 45 mins. STUDIO B GiGi			
		CYCLE 45 mins. STUDIO A Evelise					
	8:15 p.m.						
	TAL STRENGTH 45 mins.	POWER FLOW YOGA 60 mins. STUDIO B Rita	DANCE FUSION 60 mins. STUDIO B GiGi	POWER FLOW YOGA 60 mins. STUDIO B Rita			

FRIDAY	SATURDAY	SUNDAY				
9 a.m.						
BEGINNER YOGA 60 mins. STUDIO B Abril						
NOON						
CYCLE 45 mins. STUDIO A Lindsey						
CARDIO SCULPT 45 mins. STUDIO B Rachel	ALL LEVELS YOGA 60 mins. STUDIO B Tamera					
POWER KICKBOXING 45 mins. STUDIO C Brittany						
	1 p.m.					
FLOW YOGA 60 mins. STUDIO B Derek		POWER FLOW YOGA 60 mins. STUDIO B Lexi				
4 p.m.						
HIIT 45 mins. STUDIO B Shawn	GENTLE FLOW YOGA 60 mins. STUDIO B Victoria					
5 p.m.						
POWER FLOW YOGA 60 mins. STUDIO B Abril		CYCLE 45 mins. STUDIO A Camila				
6 р.т.						
		RESTORATIVE YOGA 60 mins. STUDIO B Lexi				

CLASS BEGINS AFTER MONDAY, JAN. 28

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