



FLORIDA ATLANTIC UNIVERSITY

CAMPUS RECREATION | BOCA RATON CAMPUS

6/25 TO 8/3

GROUP FITNESS CLASS LINEUP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 A.M.	SUNRISE YOGA 60 MIN Abril	HIIT 30 MIN Aubree	BOOTCAMP 50 MIN Miriam	CYCLE 45 MIN Jackie	
7 A.M.		CORE 30 MIN Aubree			
11 A.M.	HIIT 30 MIN Milly	PILATES 50 MIN Lexi	YOGA 50 MIN Tamera	STRENGTH 45 MIN Shawn	HIIT 30 MIN Aubree
11:30 A.M.	CORE 20 MIN Milly				CORE 30 MIN Aubree
NOON	YOGA 60 MIN Christine	TRX® 45 MIN Nicole	STRENGTH 45 MIN Ana	PILATES 50 MIN Lexi	
12:15 P.M.	STRETCH & MOBILITY 30 MIN Pedro		STRETCH & MOBILITY 30 MIN Angell		STRETCH & MOBILITY 30 MIN Miriam
1 P.M.	CYCLE 45 MIN Ashley	YOGA 60 MIN Lexi			YOGA 60 MIN Adriana
4:15 P.M.	PILATES 50 MIN Lexi	ZUMBA® 50 MIN Ana	YOGA 50 MIN Diana	TRX® 50 MIN Karla	
5:15 P.M.	LOWER BODY STRENGTH 40 MIN Aubree	YOGA 60 MIN Abril	UPPER BODY STRENGTH 40 MIN Chris	ZUMBA® 50 MIN Karla	
5:30 P.M.	CYCLE 45 MIN Jackie		CYCLE 45 MIN Karla	CYCLE 45 MIN Ashley	
6:00 P.M.	ZUMBA® 50 MIN Ana	BOOTCAMP 50 MIN Pedro	HIIT 30 MIN Jackie		
6:15 P.M.		LOWER BODY STRENGTH 40 MIN Shawn	BOOTCAMP 50 MIN Pedro	UPPER BODY STRENGTH 40 MIN Chris	
6:30 P.M.	BOOTCAMP 50 MIN Miriam		CORE 20 MIN Jackie		
7:00 P.M.	YOGA 60 MIN Rita	CYCLE 45 MIN Ashley	ZUMBA® 50 MIN Karla	YOGA 60 MIN Rita	

SCHEDULE IS SUBJECT TO CHANGE | NO CLASSES ON UNIVERSITY HOLIDAYS
Go to fau.edu/campusrec/fitness/group_fit_schedule.php



STRENGTH
& CORE



CYCLING



CARDIO &
STRENGTH
FUSION



DANCE



MIND
& BODY