

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

JAN. 13 - APRIL 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 a.m.			
	CARDIO KICKBOXING 45 mins. STUDIO B Melissa	HIIT 45 mins. STUDIO B Jamie	CYCLE 45 mins. STUDIO A Davetta
11:30 a.m.			
	HIIT 30 mins. STUDIO B Abdel	STRETCH & MOBILITY 45 mins. STUDIO C Becky	HIIT 30 mins. STUDIO B Abdel
12:15 p.m.			
	CYCLE 45 mins. STUDIO A Brittany	CYCLE 45 mins. STUDIO A Ryan	
TRX 45 mins. STUDIO B Milly		TOTAL BODY STRENGTH 45 mins. STUDIO B Rachel	CARDIO SCULPT 45 mins. STUDIO B Rachel
ALL LEVELS YOGA 60 mins. STUDIO C Christine	ALL LEVELS YOGA 60 mins. STUDIO C Finn	ALL LEVELS YOGA 60 mins. Queen Palm* Finn	TAI CHI 60 mins. STUDIO C Kalindi
4 p.m.			
POWER YOGA 60 mins. STUDIO C Tamera	HIIT 45 mins. STUDIO B Milly	ALL LEVELS YOGA 60 mins. STUDIO C Tamera	LOWER BODY STRENGTH 45 mins. STUDIO B Ana
5:15 p.m.			
CYCLE 45 mins. STUDIO A Camila		CYCLE 45 mins. STUDIO A Tamera	
POWER KICKBOXING 45 mins. STUDIO B Abdel	TOTAL BODY STRENGTH 45 mins. STUDIO B Ana	LOWER BODY STRENGTH 45 mins. STUDIO B Kenzie	HIIT 45 mins. STUDIO B Jackie
ALL LEVELS YOGA 45 mins. STUDIO C Marilyn	ALL LEVELS YOGA 45 mins. STUDIO C Abril	ALL LEVELS YOGA 45 mins. STUDIO C Marilyn	ALL LEVELS YOGA 45 mins. STUDIO C Diana
6:15 p.m.			
CYCLE 45 mins. STUDIO A Ali	CYCLE 45 mins. STUDIO A Gabby	CYCLE 45 mins. STUDIO A Ali	CYCLE 45 mins. STUDIO A Gabby
ZUMBA 45 mins. STUDIO B Natalia	MIXXEDFIT 45 mins. STUDIO B Michele	ZUMBA 45 mins. STUDIO B Natalia	MIXXEDFIT 45 mins. STUDIO B Michele
	ALL LEVELS YOGA 45 mins. STUDIO C Alexis		RESTORATIVE YOGA 60 mins. STUDIO C Diana
7:15 p.m.			
	CYCLE 45 mins. STUDIO A Abby		CYCLE 45 mins. STUDIO A Abby
ZUMBA 45 mins. STUDIO B Tressy	POWER YOGA 60 mins. STUDIO B Rita	ZUMBA 45 mins. STUDIO C Corenne	POWER YOGA 60 mins. STUDIO B Rita
8:30 p.m.			
	ZUMBA 45 mins. STUDIO B Corenne	TRX 45 mins. STUDIO B Ashley	DANCE FUSION 45 mins. STUDIO B GiGi

FRIDAY	SATURDAY	SUNDAY
10 a.m.		
	ALL LEVELS YOGA 60 mins. STUDIO C Abril	
12:15 p.m.		
TOTAL BODY STRENGTH 45 mins. STUDIO B Kevin		
GENTLE YOGA 45 mins. STUDIO C Kalindi		
4 p.m.		
HIIT 45 mins. STUDIO B Shawn/Milly		
5:15 p.m.		
		CYCLE 45 mins. STUDIO A Camila

KEY

Campus Recreation (RC-91)

Studio A
Studio B
Studio C

Student Union (UN-31)

Queen Palm* - Located on the 2nd floor. Yoga mats will be provided.

Class Formats

- Strength - Upper Body, Lower Body, Total Body
- Dance - Zumba, Dance Fusion, MixxedFit
- Cardio - Kickboxing, Cycle, Cardio Sculpt
- HIIT, TRX
- Yoga, Stretch, Tai Chi

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