

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

FALL 2024- AUG. 19 - DEC. 1



MON	TUE	WED	THU
7:00 A.M.			
CYCLE STUDIO A GABE		CYCLE STUDIO A GABE	CYCLE STUDIO A KATIE BURKE
9:00 A.M.			
	PILATES STUDIO B TAMARA		PILATES STUDIO B TAMARA
	KICKBOXING STUDIO C JOE		KICKBOXING STUDIO C JOE
10:30 A.M.			
CYCLE STUDIO A KATIE BOWMAN			
12:15 P.M.			
GENTLE YOGA STUDIO B KALINDI	FLEX FLOW STUDIO C ETHAN	TRX STUDIO B DAMIEN	
4:00 P.M.			
TRX STUDIO B IN HOUSE		TOTAL BODY STRENGTH STUDIO B LAELANI	ZUMBA STUDIO B ARIANA
	GENTLE YOGA STUDIO C ALEXA	GENTLE YOGA STUDIO C KALINDI	ALL LEVELS YOGA STUDIO C ALEXA
5:15 P.M.			
CYCLE STUDIO A HAILEY	CYCLE STUDIO A LAELANI	CYCLE STUDIO A KATIE BOWMAN	
PILATES STUDIO B TAMARA		PILATES STUDIO B TAMARA	PILATES STUDIO B TAMARA
	ALL LEVELS YOGA STUDIO C MARY	ZUMBA STUDIO C CHRISTINA	BOXING BOOTCAMP STUDIO C KAYLA
5:30 P.M.			
			TRX HEADQUARTERS
6:15 P.M.			
CYCLE STUDIO A HAILEY	CYCLE STUDIO A ARIANA	CYCLE STUDIO A ARIANA	CYCLE STUDIO A TAMERA
DANCE FUSION STUDIO B FATIMA	ZUMBA STUDIO B ASHLEY	INTENSITY X STUDIO B FATIMA	ZUMBA STUDIO B ASHLEY
FLEX FLOW STUDIO C GABE		ALL LEVELS YOGA STUDIO C ALEXIS	
7:30 P.M.			
CYCLE STUDIO A NOAH		CYCLE STUDIO A NOAH	
DANCE FITNESS STUDIO B TORI	BOXING BOOTCAMP STUDIO C KAYLA	DANCE FITNESS STUDIO B TORI	ALL LEVELS YOGA STUDIO C TAMERA

FRI	SAT	SUN
10:30 A.M.		
CYCLE STUDIO A KATIE BOWMAN		
12:15 P.M.		
FLEX FLOW STUDIO C DAMIEN		TOTAL BODY STRENGTH STUDIO B GABE
5:15 P.M.		
		CYCLE STUDIO A BRENDA
		YOGA SCULPT STUDIO C JAMES



SCAN QR CODE
TO REGISTER
FOR CLASSES

KEY

CLASS FORMATS:

- DANCE, ZUMBA
- CARDIO, CYCLE
- SCULPT, PILATES
- BOXING BOOTCAMP, KICKBOXING
- MIND/BODY, YOGA
- STRENGTH, INTENSITY X
- TRX

LOCATION:

RECREATION & FITNESS CENTER (RC-91),
BOCA RATON CAMPUS

TRX: 1110 S FEDERAL HWY, DELRAY
BEACH, FL 33483

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES

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is Medicine[®]**
On Campus
Florida Atlantic University[®]

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Reasonable accommodation should be requested of the event sponsor: Campus Recreation at 561-297-0591 and campusrec@fau.edu or TTY Relay Station at 1-800-955-8770. Please make your needs known as soon as possible to allow sufficient time for effective accommodations, preferably 5 days before the date of this event.