

CAMPUS RECREATION | BOCA RATON CAMPUS

GROUP FITNESS SPRING BREAK SCHEDULE

MONDAY, MARCH 9 - FRIDAY, MARCH 13

MONDAY, MARCH 9

GENTLE YOGA

12:15 p.m.
STUDIO B | Kalindi

CYCLE

12:15 p.m.
STUDIO A | Gabby

POWER YOGA

6:15 p.m.
STUDIO B | Tamera

THURSDAY, MARCH 12

CARDIO SCUPLT

12:15 p.m.
STUDIO B | Rachel

ALL LEVELS YOGA

12:15 p.m.
STUDIO C | Finn

CYCLE

5:15 p.m.
STUDIO A | Tamera

MIXXED FIT

6:15 p.m.
STUDIO B | Michele

TUESDAY, MARCH 10

CARDIO KICKBOXING

6:15 a.m.
STUDIO B | Melissa

HIIT

12:15 p.m.
STUDIO B | Shawn

CYCLE

5:15 p.m.
STUDIO A | Tamera

POWER YOGA

6:15 p.m.
STUDIO B | Katrina

FRIDAY, MARCH 13

ALL LEVELS YOGA

12:15 p.m.
STUDIO B | Diana

WEDNESDAY, MARCH 11

CYCLE

12:15 p.m.
STUDIO A | Jamie

TOTAL BODY STRENGTH

12:15 p.m.
STUDIO B | Shawn

ALL LEVELS YOGA

5:15 p.m.
STUDIO B | Abril

MIXXED FIT

6:15 p.m.
STUDIO B | Michele

Class Formats

-  **Cardio** - Kickboxing, Cycle, Cardio Sculpt
-  **Strength** - Total Body
-  **Dance** - MixxedFit
-  **Mind Body** - Yoga
-  **HIIT**



For more information visit: fau.edu/campusrec

Reasonable accommodation should be requested of the event sponsor: **Brittany Stephenson** at stephensonb2016@fau.edu. 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.

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