

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 a.m.			
CYCLE 45 mins. STUDIO A Makayla	HIIT 45 mins. STUDIO B Brittany	BOOTCAMP 45 mins. STADIUM Bethany	CYCLE 45 mins. STUDIO A Brittany
7 a.m.			
LOWER STRENGTH 45 mins. STUDIO 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.			
CORE STRENGTH 30 mins. STUDIO B Rachel	STRETCH 45 mins. STUDIO B Bethany	CORE STRENGTH 30 mins. STUDIO B Rachel	STRETCH 45 mins. STUDIO B Angell
NOON			
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 p.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

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 p.m.		
		RESTORATIVE YOGA 60 mins. STUDIO B Lexi

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

