

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS | IN-PERSON SCHEDULE

JUNE 27 - AUGUST 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00 A.M.			
BOXING BOOTCAMP 45 MIN. STUDIO C PAT	CYCLE 45 MIN. STUDIO A SOPHIA	CYCLE 45 MIN. STUDIO A SOPHIA	BOXING BOOTCAMP 45 MIN. STUDIO C PAT
12:15 P.M.			
ALL LEVELS YOGA 60 MIN. STUDIO B TAMARA		ALL LEVELS YOGA 60 MIN. STUDIO B TAMARA	
		BOXING BOOTCAMP 45 MIN. STUDIO C DAMIEN	
4:00 P.M.			
	PILATES 45 MIN. STUDIO B TAMARA	CYCLE 45 MIN. STUDIO A ERIN	CYCLE 45 MIN. STUDIO A TAMERA
5:15 P.M.			
CYCLE 45 MIN. STUDIO A MEGAN	ALL LEVELS YOGA 60 MIN. STUDIO C MARY		ALL LEVELS YOGA 60 MIN. STUDIO C TAMERA
6:15 P.M.			
GENTLE YOGA 60 MIN. STUDIO B LINNSEY	TOTAL STRENGTH 45 MIN. STUDIO B MICHELE	MIXXED FIT 45 MIN. STUDIO B MICHELE	
		BOXING BOOTCAMP 45 MIN. STUDIO C ERIN	

FRIDAY	SATURDAY	SUNDAY
9:00 A.M.		
CYCLE 45 MIN. STUDIO A SOPHIA		
12:15 P.M.		
GENTLE YOGA 60 MIN. STUDIO B TAMERA		
BOXING BOOTCAMP 45 MIN. STUDIO C JOE		
4:00 P.M.		
5:15 P.M.		
		CYCLE 45 MIN. STUDIO A GABBY

KEY

KEY

CLASS FORMATS

- STRENGTH - TOTAL STRENGTH
- DANCE - MIXXEDFIT, ZUMBA
- CARDIO - CYCLE
- SCULPT - BARRE, PILATES
- HIIT, TRX, BOOTCAMP, KICKBOXING
- MIND/BODY - YOGA



SCAN QR CODE
TO REGISTER
FOR CLASSES

@FAUCAMPUSREC

CAMPUSREC@FAU.EDU | 561-297-0591 | FAU.EDU/CAMPUSREC

REASONABLE ACCOMMODATION SHOULD BE REQUESTED OF THE EVENT SPONSOR: CAMPUS RECREATION AT FITNESS@FAU.EDU OR 561-297-0591 TTY RELAY STATION 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.

