

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

SUMMER 2025: JUNE 23 - JULY 18



MON	TUES	WED	THURS	FRI
7:00 AM				
9:30 AM				
ALL LEVELS YOGA STUDIO C AVA		ALL LEVELS YOGA STUDIO C AVA		
10:30 AM				
	CYCLE STUDIO A ARIANA		CYCLE STUDIO A ARIANA	FLEX FLOW STUDIO C JACENTA
12:30 PM				
TOTAL BODY STRENGTH STUDIO B DAMIEN		TRX STUDIO B DAMIEN	TOTAL BODY STRENGTH STUDIO B MAGUIRE	
4:00 PM				
	PILATES STUDIO B JACENTA		PILATES STUDIO B JACENTA	
5:15 PM				
	CYCLE STUDIO A ANA		CYCLE STUDIO A TAMERA	
PILATES STUDIO B ANA		PILATES STUDIO B ANA		
	ALL LEVELS YOGA STUDIO C MARY		KICKBOXING STUDIO C KAYLA	
6:15 PM				
CYCLE STUDIO A NOAH		CYCLE STUDIO A NOAH		
		DANCE & TONE STUDIO B FATIMA		
ALL LEVELS YOGA STUDIO C ANA		KICKBOXING STUDIO C KAYLA	ALL LEVELS YOGA STUDIO C TAMERA	

KEY

CLASS FORMATS:

- DANCE, ZUMBA
- CARDIO, CYCLE
- SCULPT, PILATES
- KICKBOXING
- MIND/BODY, YOGA
- STRENGTH
- TRX

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES

LOCATION:

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

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

Exercise is Medicine[®] On Campus

Florida Atlantic University[®]



SCAN QR CODE TO REGISTER FOR CLASSES

@FAUCAMPUSREC

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

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.