

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

AUGUST 23 - DECEMBER 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 A.M.			
	CYCLE 45 MIN. STUDIO A ISABELLA		CYCLE 45 MIN. STUDIO A ISABELLA
7:15 A.M.			
		CARDIO KICKBOXING 45 MIN. STUDIO B MELISSA	
11:30 A.M.			
	HIIT XPRESS 30 MIN. STUDIO B CLIFFIE	ZUMBA 45 MIN. QUEEN PALM* VALENTINA	
12:15 P.M.			
CYCLE 45 MIN. STUDIO A ALYSSA	TRX 45 MIN. STUDIO B RACHEL	CYCLE 45 MIN. STUDIO A ALYSSA	TOTAL STRENGTH 45 MIN. STUDIO B DAMIEN
GENTLE YOGA 60 MIN. STUDIO C KALINDI		ALL LEVELS YOGA 60 MIN. STUDIO C KERRI	
4:00 P.M.			
ALL LEVELS YOGA 60 MIN. STUDIO B CHELSEA	CYCLE 45 MIN. STUDIO A ERIN	BARRE 45 MIN. STUDIO B LINDSEY	CYCLE 45 MIN. STUDIO A ERIN
5:15 P.M.			
CYCLE 45 MIN. STUDIO A GWEN		CYCLE 45 MIN. STUDIO A HEIDI	ALL LEVELS YOGA 45 MIN. STUDIO B KERRI
	BOOTCAMP 45 MIN. OUTSIDE SFC* KERRI	TOTAL STRENGTH 45 MIN. STUDIO B GWEN	(5:30 P.M.) HIIT XPRESS 30 MIN. STUDIO C MICHELE
6:15 P.M.			
MIXXEDFIT 45 MIN. STUDIO B MICHELE	CYCLE 45 MIN. STUDIO A KATIE	MIXXEDFIT 45 MIN. STUDIO B MICHELE	CYCLE 45 MIN. STUDIO A KERRI
	TOTAL STRENGTH 45 MIN. STUDIO B MICHELE		
	ALL LEVELS YOGA 60 MIN. STUDIO C MARY		ALL LEVELS YOGA 60 MIN. STUDIO C MARY
7:30 P.M.			
CYCLE 45 MIN. STUDIO A GWEN	ZUMBA 45 MIN. STUDIO B NATALIA	CYCLE 45 MIN. STUDIO A GWEN	ZUMBA 45 MIN. STUDIO B NATALIA
POWER YOGA 45 MIN. STUDIO B KERRI	CARDIO KICKBOXING 45 MIN. STUDIO C LINDSEY		
8:30 P.M.			
ZUMBA 45 MIN. STUDIO B VALENTINA		ZUMBA 45 MIN. STUDIO B VALENTINA	

FRIDAY	SATURDAY	SUNDAY
10:00 A.M.		
CYCLE 45 MIN. STUDIO A ERIN		
12:15 P.M.		
TAI CHI 60 MIN. STUDIO B KALINDI	CYCLE 45 MIN. STUDIO A GABBY	
BOXING BOOTCAMP 45 MIN. STUDIO C JAMIE		
4:00 P.M.		
CYCLE 45 MIN. STUDIO A ALYSSA		
ALL LEVELS YOGA 60 MIN. STUDIO C KALINDI		
5:15 P.M.		
		CYCLE 45 MIN. STUDIO A HEIDI

KEY

RECREATION & FITNESS CENTER (RC-91)
STUDIO A
STUDIO B
STUDIO C

STUDENT UNION (UN-31)
QUEEN PALM*

SCHMIDT FAMILY COMPLEX (SF-107)
OUTSIDE SFC*

CLASS FORMATS

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

BOOTCAMP CLASSES WILL BE HELD OUTSIDE THE SCHMIDT FAMILY COMPLEX. IF INCLEMENT WEATHER OCCURS, THE CLASS WILL BE MOVED INSIDE STUDIO C OF THE RECREATION & FITNESS CENTER.



SCAN QR CODE TO REGISTER FOR CLASSES

[f](#) [t](#) [i](#) [c](#) @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.

