

2019 Fall Schedule

CAMPUS RECREATION

Effective Monday, Aug. 19, 2019



SRC Building Hours

Sun - 1PM - 10PM
 M-Th - 6AM-11PM
 Fri - 6AM - 9PM
 Sat 8AM- 5PM

SRC Pool

Sun - 1PM - 9PM
 M-Thur - 6-8AM & 11AM-10PM
 Fri - 6-8AM & 11AM - 8PM
 Sat 8AM- 4PM

Group X Schedule Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	RealRyder <i>(cycle studio)</i>	RealRyder <i>(cycle studio)</i>	RealRyder <i>(cycle studio)</i>	RealRyder <i>(cycle studio)</i>			
			Tabata Weights <i>(group x room)</i>				
9:15am						PowerPump <i>(group x room)</i>	
10:15am						Yoga Pilates <i>(combatives room)</i>	
11am	Water Aerobics <i>(pool)</i>		Water Aerobics <i>(pool)</i>				
12pm	PiYo <i>(combatives room)</i>	Yoga <i>(group x room)</i>	Kettlebell Xpress* <i>(group x room)</i>	Yoga <i>(group x room)</i>			
	Circuit Blast <i>(group x room)</i>						
4:30pm		HardCORE* <i>(group x room)</i>		HardCORE* <i>(group x room)</i>			
5:15pm	RealRyder Strength <i>(cycle studio/group x rm)</i>	Vinyasa Flow Yoga <i>(group x room)</i>	RealRyder Strength <i>(cycle studio/group x room)</i>	PowerPump <i>(group x room)</i>			
			Zumba <i>(combatives room)</i>	Power Flow Yoga <i>(combatives room)</i>			
6:15pm	Bootcamp <i>(group x room)</i>		Core and More* <i>(group x room)</i>				
6:45pm		Zumba <i>(combatives room)</i>	Kettlebell Xpress* <i>(group x room)</i>	Zumba <i>(group x room)</i>			
		HIIT-Fit <i>(group x room)</i>					
7:45pm	De-Stress Yoga <i>(group x room)</i>			De-Stress Yoga <i>(group x room)</i>			

Class Key

	=Yoga/ Mind Body
	=Core
	=Cardio Strength Mix
	=RealRyder/Cycle
	=Zumba
	=Aqua

*=Xpress (30 min class)

► This GroupX schedule begins on Monday, Aug. 19, 2019.