

# 2017 Fall Schedule

## CAMPUS RECREATION

*Effective Monday, Aug. 21, 2017*

### SRC Building Hours

Sun - 12PM - 11PM

M-Th - 6AM-12AM (Midnight)

Fri - 6AM - 10PM

Sat 8AM- 8PM

### SRC Pool

Sun - 12PM - 10PM

M-Thur - 6-8AM & 11AM-11PM

Fri - 6-8AM & 11AM - 9PM

Sat 8AM- 7PM

### HHS Gym & Racquetball

Sun - 6PM - 9PM

M - F - 5PM - 9PM

Sat - CLOSED



*Group X classes schedule effective on Monday, Sept. 18*

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:00AM		RealRyder	BodyPump	RealRyder			
6:30AM	*HIIT						
7:00AM			STRETCH	Yoga			
9:00AM						BodyPump	
10:15AM						Yoga	
11:00AM	Senior Splash		Senior Splash		Senior Splash		
12:00PM	RealRyder Strength	Yoga	*Kettlebells	Yoga	*BodyPump Xpress		
4:30PM		Zumba					
5:15PM	Aqua Zumba Bootcamp Yoga/Pilates	BodyPump RealRyder	AquaFit <b>NEW! Insanity</b> Yoga	BodyPump Kickboxing			
6:30PM		Kickboxing	RealRyder SRC 500 Bootcamp	*FreshHIT Total Body STRETCH			Zumba
7:45PM	Zumba	Hip-Hop	*ABSolutely Zumba	Zumba			

\*Xpress Class- 30 minutes

STRETCH class is 15 minutes

Green = NEW class

QUESTIONS? Contact Theresa at X8096

Updated 9/12/17