

# 2018 Spring Schedule

## CAMPUS RECREATION

Effective Tuesday, Jan. 16, 2018



### 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/Arena

CLOSED for reconstruction

Group X Classes effective on Tuesday, Jan. 16, 2018

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:00AM		RealRyder	BodyPump	RealRyder			
7:00AM		Yoga	Stretch**	Yoga			
9:00AM						Body Pump	
10:15AM						Yoga	
11:00AM	Senior Splash		Senior Splash		Senior Splash		
12:00PM	RealRyder Strength	Yoga	*Kettlebells	Yoga			
4:00PM			NEW! Triple Threat				
5:15PM	SRC 500 Bootcamp Yoga	BodyPump NEW! Pound	NEW! Cycle Beats Yoga/Pilates	BodyPump Zumba			
6:30PM	Zumba	Bootcamp	Zumba Total Body				Zumba
7:45PM		NEW! Strong by Zumba	NEW! Yin Yoga				

\*Xpress Class = 30 minutes

\*\*Purple = 15 minutes

Green = NEW class

Blue= Water class