

# GROUP FITNESS SCHEDULE



# Finals Week 2024

- Strength
- Mind & Body
- Cardio

Thursday 12/12

Friday 12/13

Saturday 12/14

Sunday 12/15

5-5:45 p.m.  
**Strength Zone**  
Justin *FTR*

6-6:30 p.m.  
**Reiki**  
Ashley

7-8 p.m.  
**Restorative Yoga**  
Tami

12:30-1:15 p.m.  
**Cycle 45**  
Allie

10:15-11 a.m.  
**Zumba**  
Antonia

4:30-5:30 p.m.  
**Recharge Yoga**  
Ryan

Monday 12/16

Tuesday 12/17

Wednesday 12/18

Thursday 12/19

12:30-1 p.m.  
**Cycle 30**  
Katie

6-6:45 p.m.  
**Zumba**  
Antonia

12:30-1:15 p.m.  
**Yoga Flow**  
Ryan

5-5:45 p.m.  
**Strength Zone**  
Justin *FTR*

6-6:45 p.m.  
**Guided Meditation**  
Umesh

5-5:45 p.m.  
**Cycle 45**  
Allie

7-8 p.m.  
**Candlelit Yoga**  
Tami

5-5:45 p.m.  
**Strength Zone**  
Justin *FTR*

6-6:30 p.m.  
**Reiki**  
Ashley

7-8 p.m.  
**Restorative Yoga**  
Tami

Friday 12/20

12:30-1:15 p.m.  
**Cycle 45**  
Allie

Good luck to everyone on your finals!

FC: Fitness Center on Victoria St.  
FTR: Functional Training Room  
OD: Outdoors

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