

ETSU Campus Recreation Fall Group Fitness Schedule**

August 28th-December 1st*

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Aerobics Studio	Flex-N-Pump (12-1:00 pm) Kelly M	HIIT (5-6:00pm) Kellye W	Tabata Time! (5-5:30pm) Chad	Lo Impact (5-6:00pm) Walter	Strong by Zumba® (5-6:00pm) Leanna		
	Zumba® (5-6:00pm) Cariyah	Ballroom Dance (6-7:00pm) Jessica	ABS (5:30-6:00pm) Chad	Zumba® (6-7:00pm) Cariyah			Cardio Ballet (7-8:00pm) Molly
	Buti Yoga® (6:30-7:30pm) Karie	Capoeira (7:30-9 pm) Marcelo	Warrior Games (6-7:00pm) Chad				
Yoga Studio	Power Yoga (12-1:00 pm) Dottie	Creative Flow Yoga (12-1:00pm) Lydie	Flow Yoga (12-1:00pm) Kim M	Energetic Yoga (6:45-7:45am) Casey	Yin Yoga (Noon-1:15pm) Sheri		
	Beginner/ Restorative (5:30-6:45pm) Sheri	Mat Core/Abs (6-6:25pm) Katie	Pilates (5-6:00pm) Lauren	Flow Yoga (5-6:15pm) Sarah G	Restorative Yoga (1:30-2:15pm) Sheri		Flow Yoga (5:45-6:45pm) Molly
		Beginner Flow Express (6:30-7:00pm) Katie					
Cycling Studio	Cycle (12-1:00pm) Kim M	Cycle (12-1:00pm) Mel H	Cycle (12-1:00pm) Nani	Cycle (12-1:00pm) Kim M	Cycle (12-1:00pm) Kelly M		
	Cycle (5-6:00pm) Walter	Express Cycle (6:05-6:35pm) Kellye W	Cycle (5-6:00pm) Nancy	Cycle (5-6:00pm) Bri			Cycle (5-6:00pm) Bri
Pool		HydroFit (5-6:00pm) Marie		HydroFit (5-6:00pm) Marie			
Martial Arts Studio		Beginner Meditation (5-6:00pm) Jesse					Kung Fu (4-5:00pm) Justin
	Judo (6-7:40pm) Dr. Rowe	Japanese Swordsman-ship (6:15-8:15pm) Zach	Judo (6-7:40pm) Dr. Rowe		Japanese Swordsman-ship (5-7:00pm) Zach		
		Kung Fu (8:30-9:30pm) Justin					

*Classes not offered: Sept. 2nd-4th (Labor Day), Oct. 14th-17th (Fall Break), Nov. 22nd [after 1 pm]-26th(Thanksgiving Break)

**Campus Rec may cancel any class whose attendance below 6 participants.

The Group Fitness Schedule is subject to change without notice.

All classes are FREE with BCPA access, no community/public access.

Like ETSU FITNESS AND WELLNESS on Facebook.

For more information or to view full class descriptions visit etsu.edu/rec.