

Summer Group Fitness Schedule: *June 16th– Aug 17th*

Class Descriptions Online: www.rec.nova.edu/fitness. Please Note: To Enter The RecPlex You Must Have Your NSU ID And A Workout Towel

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
6:15-7:00am		SPINNING Jill	SPINNING Jill		SPINNING Nikki		
7:30-8:30 am		SPINNING + Abs Maria		SPINNING Aimee		SPINNING + Abs Lourdes *9:45-10:45am	
12:00-1:00pm	YOGA Jeanne <i>Studio 1</i> Body Sculpt Barbie *12:15-1:15pm <i>Studio 3</i>	SPINNING Aimee YOGA Catherine <i>Studio 1</i>	YOGA Beth <i>Studio 1</i> Body Sculpt Barbie *12:15-1:15pm <i>Studio 3</i>	SPINNING + Abs Lourdes YOGA Jeanne <i>Studio 1</i>	SPINNING Aimee YOGA Beth <i>Studio 2</i>	YOGA Raechel *11am-12pm <i>Studio 1</i>	SPINNING Nikki *10:30-11:15am
4:15-5:15pm	Body Sculpt Lourdes <i>Studio 2</i>	SPINNING Lourdes			Pilates Spring *4:00-5:00 <i>Studio 2</i>		
4:30-5:25pm	Power Pilates! Spring <i>Studio 3</i>	Power YOGA Spring <i>Studio 1</i>	SPINNING Maria	SPINNING Nikki KickBox and Core Lisette <i>Studio 3</i>	POWER Sculpt Maria <i>Studio 3</i>		YOGA Catherine *4:00-5:00PM <i>Studio 1</i>
5:30-6:25pm	SPINNING Lourdes YOGA Jeanne <i>Studio 1</i> Cardio Step Lisette <i>Studio 3</i>	SPINNING *5:45-6:30 Malerie Body Sculpt Lourdes <i>Studio 3</i>	*CIRCUIT BLAST* 5:30-6:30 Maria <i>Studio 3</i> Killer ABS! 6:30-7:00 Maria <i>Studio 3</i> YOGA Jeanne <i>Studio 1</i>	SPINNING *5:45-6:30 Lisette -LATIN GROOVES- Cecilia <i>Studio 3</i> YOGA Raechel <i>Studio 1</i>	SPINNING + Abs Maria		SPINNING Malerie *5:00-5:45
6:30-7:25pm	SPINNING Jill Hip-Hop Maria <i>Studio 3</i>	SPINNING *6:45-7:30 Aracelly Killer Abs *7:30-8:00 Aracelly <i>Studio 2</i>	SPINNING Malerie *6:45-7:30	SPINNING *6:45-7:30 Aracelly	 ZUMBA FINEST Juan <i>Studio 3</i>		
7:30-8:30pm And 8:00-9:00pm	Killer Abs Maria *7:30-8:00 <i>Studio 3</i>	 ZUMBA FINEST Greta *8:00-9:00 <i>Studio 3</i>	Stress-Reduction YOGA Jeanne *7:00-8:00 <i>Studio 1</i>	Killer Abs Aracelly *7:30-8:00 <i>Studio 2</i>			

PLEASE READ TO AVOID ANY CONFUSION:

Participation Policy: 3 or more participants are required to conduct a class. Schedule is subject to change based on participation.

SPINNING Reservations: To take a SPIN class, you must sign-up 30 minutes before the class starts at the Service Desk. NSU ID, towel and water are required to ride!! You must be on your bike within 5 minutes prior to class or **your bike will be forfeited**. No cell phones, iPods, or other devices allowed. ***Please note: Spin classes are 45-50 min in length with 1 hour set for bike set-up, break-down, and clean-up. ENJOY THE RIDE! ALL SPIN CLASSES IN STUDIO 2, unless specified as other.**

Dress Code: Workout attire must fully cover the mid-section. Please review RecPlex Policies & Procedures Section D regarding appropriate workout attire by clicking on the Recreation Complex button off the main rec.nova.edu site.

University Holidays: The RecPlex and Group Fitness classes will be revised on University closings and holidays. Please check online for specific holiday hours and class schedules as the schedule progresses.