

Fall 2018 Group Exercise Schedule

Effective: September 4, 2018

Schedule and Class Descriptions: www.rec.nova.edu/fitness

EXERCISE COLOR KEY	CARDIO	RESISTANCE	FLEXIBILITY	NEUROMOTOR	
	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	
6:15-7:15am	SPIN EXPRESS + ABS TBA Studio 2	ZENERGY YOGA Marilyn Studio 3	SPIN EXPRESS + ABS Lourdes Studio 2	ZENERGY YOGA Marilyn Studio 3	SPIN EXPRESS + ABS Marilyn Studio 2
12:00-1:00pm	SPIN&SCULPT Lourdes *12:00-1:10pm Studio 2&3	SPIN EXPRESS Erika *12:00-12:45pm Studio 2	BODY SCULPT *12:30-1:30pm Lia Studio 3	SPIN EXPRESS Erika *12:00-12:45pm Studio 2	SPIN-BATA Marcela Studio 2
1:00-2:00pm	YOGA FLOW Patricia Studio 1				YOGA FLOW Patricia Studio 1
4:00-5:00pm	INSANITY Juliana Studio 3	SPIN&SCULPT Lourdes Studio 2&3	SPIN EXPRESS Devon *4:00-4:45pm Studio 2	SPIN EXPRESS Willie *4:00-4:45pm Studio 2	ZUMBA Amy Studio 3
5:15-6:15pm	SPIN Juliana Studio 2 BUTTS-N-GUTTS Leah Studio 3	CIRCUIT BLAST Maria/Caitlyn/Leah Studio 3	HIIT HOUR Leah Studio 3	HIIT45: TABATA *5:30-6:15pm Mike Studio 3	YOGA FLOW Caitlyn Studio 3
5:30-6:30pm	New format: Ayur Yoga Marilyn Studio 1	YOGA FLOW Megan Studio 1	YOGA STRETCH Marilyn Studio 1		
6:30-7:30pm	BATTLE ROPE BURN Svilen + Leah Outdoor Basketball Courts ZUMBA Anita Studio 3	Hip Hop Maria Studio 3	ZUMBA Anita Studio 3	YOGA FLOW Leah Studio 3	

	SATURDAY	SUNDAY
9:15-10:30am	SPIN&SCULPT Lourdes Studio 2&3	
10:30-11:30am	YOGA FLOW Caitlyn Studio 1	
11:00-12:00pm	ZUMBA Anita Studio 3	
5:00-6:00pm		CIRCUIT BLAST Leah & Svilen Studio 3
6:00-7:00pm		YOGA FLOW Leah Studio 3

GROUP EXERCISE POLICIES AND PROCEDURES:

- Please be EARLY/ON TIME to class for appropriate warm-up, and to avoid distractions. YOU WILL BE ASKED TO LEAVE IF YOU ARE LATE!
- Participation Policy: 3 participants are required to conduct a class.
- Schedule is subject to change EACH MONTH based on class participation.
- Dress Code/Devices: Workout attire must fully cover the mid-section.
- Proper athletic shoes required for all group exercises excluding mind body and aqua.
- No cell phones, iPods, or other devices allowed during class!! University Holidays: All group exercise classes cancelled for University holidays.