



FALL 2021 Fitness Class Schedule

Effective Dates: Aug. 23 – Dec. 3

No Classes: Sept. 6, Oct. 11-12, Nov. 24-26

***Classes are now **FREE** for students! (Still \$1.00 for everyone else.) ***

Monday	Tuesday	Wednesday	Thursday
<p>5 P.M. (1 HOUR) HIGHBURN HIIT Studio 250 <i>Salae</i></p>	<p>12:10-12:55 P.M. STRENGTH CARDIO Studio 250 <i>Anne Marie</i></p> <p>5 P.M. (1 HOUR) WATER AEROBICS Pool <i>Mikah/Olivia</i></p> <p>6:30-7:15 P.M. SPIN IT Studio 207 <i>Andrea</i> LIMIT 15</p>	<p>5 P.M. (45 MINUTES) CALORIE KILLER CARDIO Studio 250 <i>Rachel</i></p> <p>6 P.M. (1 HOUR) FOX DANCE COLLECTIVE Studio 203 <i>Emma</i></p>	<p>12:10-12:55 P.M. STRENGTH CARDIO Studio 250 <i>Anne Marie</i></p> <p>5 P.M. (1 HOUR) WATER AEROBICS Pool <i>Mikah/Olivia</i></p> <p>6 P.M. (1 HOUR) HIGHBURN HIIT Studio 250 <i>Salae</i></p> <p>5 P.M. (1 HOUR) VINYASA FLOW YOGA Studio 203 <i>Carla</i></p> <p>6:30-7:15 P.M. SPIN IT Studio 207 <i>Andrea</i> LIMIT 15</p>

