

# Fitness Class Schedule

Fall 2017: August 21-December 15

**\$55** One Pass  
One Price

**City Campus** @ Campus Rec Center (unless noted)

## Monday

- 6:00-6:50 Barbell Strength  
Kelsey  
CREC, Fitness Room
- Noon-12:50 Pilates  
Vanessa  
CREC, Fitness Room
- 3:00-3:50 HIIT  
Amber  
CREC, Fitness Room
- 4:00-4:25 Booty Camp  
Kenzie  
CREC, Fitness Room
- 4:30-4:55 Hard Core  
Kenzie  
CREC, Fitness Room
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool
- 5:30-6:20 Cycle Strength Fusion  
Kenzie  
CREC, The Studio
- 6:00-6:50 Cardio Dance  
Madison  
CREC, Fitness Room
- 7:00-7:50 HIIT  
Erin  
CREC, Fitness Room
- 8:00-8:50 Power Yoga  
Rachel H  
CREC, Fitness Room
- 9:00-9:50 Cardio Dance  
Alex  
CREC, Fitness Room
- 10:00-10:30 Booty Camp  
Alex  
CREC, Fitness Room

## Tuesday

- 6:00-6:50 Cycling  
Shelly  
CREC, The Studio
- Noon-12:50 Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:25 Booty Camp  
Jennifer  
CREC, Fitness Room
- 3:30-3:55 Hard Core  
Jennifer  
CREC, Fitness Room
- 4:00-4:50 HIIT  
Taylor  
CREC, Fitness Room
- 5:00-5:25 Full Body Stretch  
Taylor  
CREC, Fitness Room
- 5:30-6:20 Cycling  
Jennifer  
CREC, The Studio
- 6:00-6:50 Yoga  
Heather  
CREC, Fitness Room
- 6:00-6:50 Barre  
Katelyn  
CREC, Combative Arts
- 7:00-7:50 Cardio Kickboxing  
Madison  
CREC, Fitness Room
- 8:00-8:50 TRX®  
Rachel L  
CREC, Fitness Room
- 9:00-9:50 Cardio Dance  
Christine  
CREC, Combative Arts
- 10:00-10:30 Hard Core  
Christine  
CREC, Fitness Room

## Wednesday

- 6:00-6:50 Total Body Tone  
Nicole V  
CREC, Fitness Room
- Noon-12:50 Pilates  
Vanessa  
CREC, Fitness Room
- 3:00-3:50 TRX®  
Kim  
CREC, Fitness Room
- 4:00-4:50 HIIT  
Amber  
CREC, Fitness Room
- 5:00-5:50 Candlelight Yoga  
Dani  
CREC, Fitness Room
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool
- 5:30-6:20 Cycle Strength Fusion  
Rachel L  
CREC, The Studio
- 6:00-6:50 Cardio Dance  
Madison  
CREC, Fitness Room
- 7:00-7:50 Total Body Tone  
Rachel L  
CREC, Fitness Room
- 8:00-8:50 Barre  
Adrienne  
CREC, Combative Arts
- 9:00-9:50 Cardio Dance  
Rebecca  
CREC, Fitness Room
- 10:00-10:30 Booty Camp  
Rebecca  
CREC, Fitness Room

## Thursday

- 6:00-6:50 Cycling  
Nicole D  
CREC, The Studio
- Noon-12:50 Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:25 Booty Camp  
Katelyn  
CREC, Fitness Room
- 3:30-3:55 Hard Core  
Katelyn  
CREC, Fitness Room
- 4:00-4:50 Barre  
Jill  
CREC, Combative Arts
- 5:00-5:50 HIIT  
Katelyn  
CREC, Fitness Room
- 5:30-6:20 Cycling  
Taylor  
CREC, The Studio
- 6:00-6:50 Cardio Dance  
Erin  
CREC, Fitness Room
- 7:00-7:50 Total Body Tone  
Erin  
CREC, Fitness Room
- 8:00-8:50 Cycling  
Rebecca  
CREC, The Studio
- 9:00-9:50 Cardio Dance  
Madison  
CREC, Fitness Room
- 10:00-10:30 Hard Core  
Madison  
CREC, Fitness Room

## Friday

- 6:00-6:50 Total Body Tone  
Kelsey  
CREC, Fitness Room
- Noon-12:50 Relax & Recharge Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:50 Relax & Recharge Yoga  
Rachel H  
CREC, Fitness Room
- 4:00-4:50 Barre  
Leah  
CREC, Combative Arts
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool

## Sunday

- 4:00-4:50 Total Body Tone  
Leah  
CREC, Fitness Room
- 7:00-7:50 Candlelight Yoga  
Kristina  
CREC, Fitness Room
- 8:00-8:30 Mind Prep Meditation  
Rae/Shantel/Erin  
CREC, Fitness Room
- 9:00-9:50 Cardio Dance  
Alex  
CREC, Fitness Room

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**East Campus** @ Rec & Wellness Center

## Monday

- 6:45-7:35 Morning Flow Yoga  
Kristina  
RWC, East Studio
- 12:15-1:00 HIIT  
Nicole V  
RWC, South Studio
- 5:00-5:50 Cardio Dance  
Kate  
RWC, South Studio
- 6:00-6:50 Cycling  
Shelly  
RWC, East Studio
- 7:00-7:50 Barre  
Nicole D  
RWC, East Studio

## Tuesday

- 6:45-7:35 Cycle Strength Fusion  
Courtney S  
RWC, East Studio
- 12:15-1:00 Yoga  
Courtney T  
RWC, East Studio
- 5:00-5:50 Barre  
Jill  
RWC, East Studio
- 6:00-6:50 Yoga  
Rachel H  
RWC, East Studio
- 7:00-7:50 Cardio Dance  
Erin  
RWC, South Studio

## Wednesday

- 6:45-7:35 Morning Flow Yoga  
Kristina  
RWC, East Studio
- 12:15-1:00 Barre Cycle Fusion  
Amanda  
RWC, East Studio
- 5:00-5:50 Total Body Tone  
Kate  
RWC, South Studio
- 6:00-6:50 Cycle Strength Fusion  
Nicole S  
RWC, East Studio
- 7:00-7:50 TRX®  
Nicole S  
RWC, South Studio

## Thursday

- 6:45-7:35 Cycle Strength Fusion  
Courtney S  
RWC, East Studio
- 12:15-1:00 Pop Pilates  
Katelyn  
RWC, East Studio
- 5:00-5:50 TRX®  
Sarah  
RWC, South Studio
- 6:00-6:50 Yoga  
Rachel H  
RWC, East Studio
- 7:00-7:50 Cardio Dance  
Adrienne  
RWC, South Studio

## Friday

- 5:00-5:50 Barre  
Jill  
RWC, East Studio

## Saturday

- 10:00-10:50 TRX®  
Rebecca  
RWC, South Studio

