

Fitness Class Schedule

Summer Sessions

May 8-August 18

\$55 One Pass
One Price

Aqua
Mabel Lee Pool
June 5-Aug. 4
Mon., Wedn., Thurs.
5:30-6:15 p.m.

Monday

6⁰⁰ **Barbell Strength**
Kelsey
CREC, Fitness Room

Noon **Pilates Mat**
Vanessa
CREC, Fitness Room

12¹⁵ **Zumba®**
Madison
RWC, South Studio

5⁰⁰ **Cycle Strength Fusion**
Nicole D/Taylor Si
CREC, The Studio

5³⁰ **Barre**
Sarah
RWC, East Studio

5³⁰ **Yoga for Climbers**
Vanessa
OAC, Classroom

6⁰⁰ **Cardio Dance**
Christine
CREC, Fitness Room

Tuesday

6⁰⁰ **Cycling**
Macy
CREC, The Studio

7⁰⁰ **Cardio Sculpt**
Erin
RWC, South Studio

Noon **Flex & Flow Yoga**
Vanessa
CREC, Fitness Room

5⁰⁰ **HIIT Kettlebell**
Kenzie
CREC, Fitness Room

5³⁰ **Zumba®**
Taylor Sc/Madison
RWC, South Studio

6⁰⁰ **Barre**
Christine/Kristi
CREC, Combative Arts

Wednesday

6⁰⁰ **Relax & Recharge Yoga**
Caroline
CREC, Fitness Room

Noon **Pilates Mat**
Vanessa
CREC, Fitness Room

12¹⁵ **Barre Cycle Fusion**
Courtney/Amanda
RWC, East Studio

5⁰⁰ **Booty Camp**
Kenzie
CREC, Fitness Room

5³⁰ **Hard Core**
Kenzie
CREC, Fitness Room

5³⁰ **TRX®**
Nicole S/Taylor Si
RWC, South Studio

6⁰⁰ **Cardio Dance**
Erin
CREC, Fitness Room

Thursday

6⁰⁰ **Cycling**
Shari/Shelly
CREC, The Studio

7⁰⁰ **Total Body Tone**
Kenzie
RWC, South Studio

Noon **Flex & Flow Yoga**
Vanessa
CREC, Fitness Room

5⁰⁰ **Barre**
Nicole D
CREC, Combative Arts

5³⁰ **Total Body Tone**
Macy
RWC, South Studio

6⁰⁰ **Candlelight Yoga**
Rachel
CREC, Fitness Room

Friday

Noon **Relax & Recharge Yoga**
Vanessa
CREC, Fitness Room

5⁰⁰ **Zumba®**
Madison
CREC, Fitness Room

Saturday

10⁰⁰ **Cycle Strength Fusion**
Rebecca
CREC, The Studio

Sunday

5⁰⁰ **Total Body Tone**
Leah
CREC, Fitness Room

NO CLASSES at Campus Rec Center during shutdown: May 8-14
NO CLASSES at Rec & Wellness Center during shutdown: May 15-21
NO CLASSES: May 29, July 4

CREC - Campus Recreation Center (City Campus)
RWC - Recreation & Wellness Center (East Campus)
OAC - Outdoor Adventures Center (Open to Climbing Pass holders ONLY)



A service of the Division of Student Affairs
go.unl.edu/allclasspass

Group Fitness Classes require an All-Class Pass to participate (unless otherwise indicated). Details about prices can be found in the Campus Recreation Guidebook app, at the Member Services desk, or online at crec.unl.edu. All class instructors, formats, times, and days are subject to changes/cancellation without prior notification. Any class averaging less than six (6) people may be dropped from the schedule. Campus Recreation welcomes persons with all abilities. Please inquire about the availability of accommodations for special needs. UNL does not discriminate based on any protected status. Please see go.unl.edu/nondiscrimination.



East Campus Class
(all other classes held on City Campus)