

GROUP FITNESS CLASSES



August 22 - December 30
Fall 2021

CITY CAMPUS

SUN

10-11 a.m.
YOGA
Amanda B.
CREC, Fitness Room

4-4:50 p.m.
TOTAL BODY TONE
Leah A.
CREC, Fitness Room

8-8:50 p.m.
MIXXEDFIT
Emily D.
CREC, Fitness Room

MON

6-6:50 a.m.
CARDIO KICKBOXING
Miriam C.
CREC, Fitness Room

12-12:50 p.m.
YOGA
Rachel H.
CREC, Fitness Room

4-4:50 p.m.
YOGA SCULPT
Elle B.
CREC, Fitness Room

5-5:50 p.m.
GBT
Monica M.
CREC, Fitness Room

5-5:50 p.m.
CYCLE N CORE
Tera S.
CREC, Cycle Studio

6-6:50 p.m.
POUND
Andrea K.
CREC, Fitness Room

8-8:50 p.m.
CARDIO DANCE
Averie C.
CREC, Fitness Room

TUE

6-6:50 a.m.
CYCLE
Shelly S.
CREC, Cycle Studio

8-8:50 a.m.
PILATES
Annalisa M.
CREC, Fitness Room

12-12:50 p.m.
YOGA
Annalisa M.
CREC, Fitness Room

5-5:50 p.m.
HIIT
Elizabeth H.
CREC, Fitness Room

6-6:50 P.M.
BARRE
Hattie R.
CREC, Combative Arts

7-7:50 P.M.
SPIN N STRENGTH
Leah A.
CREC, Cycle Studio

8:30-9:20 p.m.
MIXXEDFIT
Paris H.
CREC, Fitness Room

WED

6-6:50 a.m.
HIIT
Miriam C.
CREC, Fitness Room

12-12:50 p.m.
BARRE
Rachel H.
CREC, Combative Arts

12-12:50 p.m.
SPIN N FLOW
Annalisa M.
CREC, Cycle Studio

4-4:50 p.m.
YOGA SCULPT
Elle B.
CREC, Fitness Room

5-5:30 p.m.
AB LAB
Tera S.
CREC, Fitness Room

6-6:50 p.m.
CARDIO DANCE
Averie C.
CREC, Fitness Room

7-7:50 p.m.
HIIT
Leah A.
CREC, Fitness Room

THU

6-6:50 a.m.
TOTAL BODY TONE
Leah A.
CREC, Fitness Room

8-8:50 a.m.
PILATES
Annalisa M.
CREC, Fitness Room

4-4:30 p.m.
AB LAB
Adella S.
CREC, Fitness Room

5-5:50 p.m.
CARDIO DANCE
Monica M.
CREC, Fitness Room

5-5:50 p.m.
CYCLE N CORE
Tera S.
CREC, Cycle Studio

6-6:50 p.m.
BARRE
Hattie R.
CREC, Combative Arts

7-7:50 p.m.
HIIT
Elizabeth N.
CREC, Fitness Room

8-8:50 p.m.
MIXXEDFIT
Megan L.
CREC, Fitness Room

FRI

6-6:50 a.m.
CYCLE
Shelly S.
CREC, Cycle Studio

8-8:30 p.m.
BOOTCAMP
Elizabeth N.
CREC, Fitness Room

12-12:50 p.m.
SPIN N BARRE
Hattie R.
CREC, Cycle Studio

12-12:50 p.m.
YOGA
Rachel H.
CREC, Fitness Room

4-5 p.m.
SLOW FLOW YOGA
Iryna
CREC, Fitness Room

NO CLASSES

STRENGTH

CARDIO

MIND + BODY

FUSION

CREC - Campus Rec Center
RWC - Rec & Wellness Center
OAC - Outdoor Adventures Center

EAST CAMPUS

SUN

NO CLASSES

MON

12-12:50 p.m.
SPIN N BARRE
Annalisa M.
RWC, East Studio

12-12:50 p.m.
TRX* YOGA
Susy M.
RWC, South Studio

TUE

12-12:50 p.m.
YOGA
Madeline W.
RWC, South Studio

5-5:50 p.m.
TRX*
Tera S.
RWC, South Studio

WED

12-12:50 p.m.
PILATES
Hattie R.
RWC, East Studio

5-5:30 P.M.
BOOTCAMP
Adella S.
RWC, South Studio

6-6:50 p.m.
MIXXEDFIT
Emily D.
RWC, South Studio

THU

12-12:50 p.m.
TRX*
Madeline W.
RWC, South Studio

5-6 p.m.
YOGA
Amanda B.
RWC, South Studio

FRI

12-12:50 p.m.
SPIN N FLOW
Annalisa M.
RWC, East Studio

12-12:50 p.m.
TRX* YOGA
Susy M.
RWC, South Studio

SAT

10-10:50 a.m.
CYCLE
Shelly/Leah
RWC, East Studio

FREE WEEKS
August 22-28
December 12-18



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 UNL 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. The University of Nebraska does not discriminate based on any protected status. Please see go.unl.edu/nondiscrimination.