

# 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

5-5:30 p.m.  
**BOOTYCAMB**  
Monica M.  
CREC, Fitness Room

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

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

TUE

6-6:30 a.m.  
**AB LAB**  
Andromede U.  
CREC, Fitness Room

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.  
**SPIN N BARRE**  
Hattie R.  
CREC, Fitness Room

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

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

7-7:30 p.m.  
**BOOTYCAMB**  
Adella S.  
CREC, Fitness Room

7-7:50 p.m.  
**SPIN N STRENGTH**  
M'Lynn L.  
CREC, Cycle Studio

8:30-9:20 p.m.  
**MIXXEDFIT**  
Beth M.  
CREC, Fitness Room

WED

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

8-8:50 a.m.  
**CYCLE N CORE**  
M'Lynn L.  
CREC, Cycle Studio

12-12:50 p.m.  
**BARRE FLOW**  
Rachel H.  
CREC, Fitness Room

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.  
**SPIN N STRENGTH**  
Leah A.  
CREC, Cycle Studio

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

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

4-4:30 p.m.  
**AB LAB**  
Adella S.  
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.  
**BARRE**  
Hattie R.  
CREC, Combative Arts

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

7-7:50 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.  
**BOOTYCAMB**  
Elizabeth N.  
CREC, Fitness Room

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

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

6-6:50 p.m.  
**MIXXEDFIT**  
Beth M.  
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 FLOW**  
Annalisa M.  
RWC, East Studio

12-12:50 p.m.  
**TONE N FLOW**  
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

12-12:50 p.m.  
**TRX\* YOGA**  
Susy M.  
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.  
**POUND FITNESS**  
Andrea K.  
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.