

GROUP FITNESS CLASSES

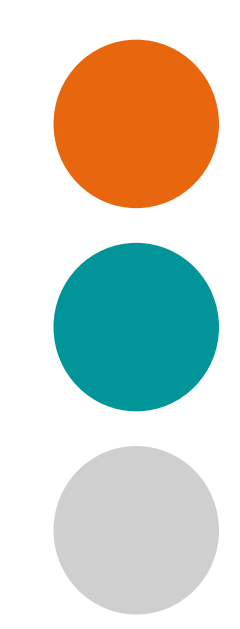
August 26 - December 20 ● ● ●
FALL 2019

CITY CAMPUS

SUN	MON	TUE	WED	THU	FRI	SAT
<p>4-4:50 p.m. TOTAL BODY TONE Leah A. CREC, Fitness Room</p> <p>5-5:50 p.m. CARDIO KICKBOXING Miriam C. CREC, Fitness Room</p> <p>7-8:15 p.m. YOGA Heather N. CREC, Fitness Room</p>	<p>6-6:50 a.m. BARBELL STRENGTH Gabby A. CREC, Fitness Room</p> <p>NOON-12:50 p.m. HIIT Rachel N. CREC, Fitness Room</p> <p>4-4:25 p.m. BOOTY CAMP Marydith D. CREC, Fitness Room</p> <p>4:30-4:55 p.m. HARD CORE Marydith D. CREC, Fitness Room</p> <p>5-5:50 p.m. CARDIO KICKBOXING Keaton F. CREC, Fitness Room</p> <p>5:15-6:00 p.m. AQUA FIT CREC, Pool</p> <p>5:30-6:30 p.m. YOGA FOR CLIMBERS Susan P. OAC</p> <p>5:30-6:20 p.m. CYCLING Shelly S. CREC, Cycle Studio</p> <p>6-6:50 p.m. CARDIO DANCE Rachel N. CREC, Fitness Room</p> <p>7-7:50 p.m. HIIT Leah A. CREC, Fitness Room</p> <p>8-8:50 p.m. POWER YOGA Rachel H. CREC, Fitness Room</p> <p>9-9:50 p.m. CARDIO DANCE Rachel S. CREC, Fitness Room</p> <p>10-10:30 p.m. HARD CORE Rachel S. CREC, Fitness Room</p>	<p>6-6:50 a.m. CARDIO KICKBOXING Miriam C. CREC, Fitness Room</p> <p>7:30-8 a.m. TREAD 30 Keaton F. CREC, Treadmill Loft</p> <p>NOON-12:50 p.m. YOGA Madeline W. CREC, Fitness Room</p> <p>4-4:50 p.m. TOTAL BODY TONE Maddy K. CREC, Fitness Room</p> <p>5-5:25 p.m. BOOTY CAMP Maddy K. CREC, Fitness Room</p> <p>5-5:50 p.m. BARRE Adrienne W. CREC, Combative Arts</p> <p>5:30-5:55 p.m. HARD CORE Maddy K. CREC, Fitness Room</p> <p>6-6:50 p.m. CARDIO DANCE Rachel N. CREC, Fitness Room</p> <p>7-7:50 p.m. CYCLE STRENGTH FUSION Leah A. CREC, Cycle Studio</p> <p>8-8:50 p.m. HIIT Sharon C. CREC, Fitness Room</p> <p>9-9:50 p.m. CARDIO DANCE Rachel S. CREC, Fitness Room</p> <p>10-10:30 p.m. UPPER BODY BLAST Rachel S. CREC, Fitness Room</p>	<p>6-6:50 a.m. YOGA Dani T. CREC, Fitness Room</p> <p>9:30-10:15 a.m. POWER & STRENGTH BOOT CAMP Marydith D. CREC, Cook Pavilion</p> <p>NOON-12:50 p.m. HIIT Rachel N. CREC, Fitness Room</p> <p>4-4:50 p.m. HIIT Maddy K. CREC, Fitness Room</p> <p>5-5:50 p.m. CYCLE STRENGTH FUSION Gabby A. CREC, Cycle Studio</p> <p>5:15-6 p.m. AQUA FIT CREC, Pool</p> <p>6-6:50 p.m. CARDIO DANCE Keaton F. CREC, Fitness Room</p> <p>6-6:50 p.m. BARRE Adrienne W. CREC, Combative Arts</p> <p>8-8:50 p.m. YOGA Heather N. CREC, Fitness Room</p>	<p>6-6:50 a.m. TOTAL BODY TONE Leah A. CREC, Fitness Room</p> <p>7:30-8 a.m. TREAD 30 Kyle M. CREC, Treadmill Loft</p> <p>NOON-12:50 p.m. YOGA Iryna P. CREC, Fitness Room</p> <p>4-4:50 p.m. HIIT Elijah T. CREC, Fitness Room</p> <p>5-5:50 p.m. YOGA Madeline W. CREC, Fitness Room</p> <p>5:30-6:30 p.m. YOGA FOR CLIMBERS Susan P. OAC</p> <p>6-6:50 p.m. CYCLING Hattie R. CREC, Cycle Studio</p> <p>7-7:50 p.m. CARDIO DANCE Keaton F. CREC, Fitness Room</p> <p>8-8:30 p.m. HARD CORE Keaton F. CREC, Fitness Room</p>	<p>6-6:50 a.m. CYCLING Shelly S. CREC, Cycle Studio</p> <p>NOON-12:50 p.m. YOGA Susan P. CREC, Fitness Room</p> <p>4-4:50 p.m. YOGA Iryna P. CREC, Fitness Room</p> <p>5-5:50 p.m. HIIT Elijah T. CREC, Fitness Room</p> <p>5:15-6 p.m. AQUA FIT CREC, Pool</p>	<p>NO CLASSES</p>

KEY
● **STRENGTH**
● **CARDIO**
● **MIND + BODY**
● **AQUA**
● **FUSION**

CREC - Campus Rec Center
 MLH - Mabel Lee Hall
 RWC - Rec & Wellness Center
 OAC - Outdoor Adventures Center



FREE
ALL CLASSES
 AUGUST 26 - SEPTEMBER 1
 DECEMBER 14 - 20

EAST CAMPUS

SUN	MON	TUE	WED	THU	FRI	SAT
<p>NO CLASSES</p>	<p>12:15-1 p.m. YOGA Madeline W. RWC, East Studio</p> <p>5-5:50 p.m. CYCLING Hattie R. RWC, East Studio</p> <p>6-6:50 p.m. TOTAL BODY TONE Sharon C. RWC, South Studio</p>	<p>7-7:40 a.m. FITBOX CIRCUIT Kylie M. RWC, FitBox **</p> <p>12:15-1 p.m. TRX* YOGA Susy M. RWC, East Studio</p> <p>4-4:50 p.m. CYCLING Hattie R. RWC, East Studio</p> <p>5-5:50 p.m. TRX* Sarah L. RWC, South Studio</p> <p>6-6:50 p.m. YOGA Rachel H. RWC, East Studio</p>	<p>12:15-1 p.m. BARRE CYCLE FUSION Sarah L. RWC, East Studio</p> <p>5-5:50 p.m. HIIT Elijah T. RWC, South Studio</p> <p>6-6:50 p.m. TRX* YOGA Susy M. RWC, South Studio</p>	<p>12:15-1 p.m. YOGA Heather N. RWC, East Studio</p> <p>5-5:50 p.m. BARRE Sarah L. RWC, East Studio</p> <p>6-6:50 p.m. FITBOX CIRCUIT Erica T. RWC, FitBox **</p>	<p>12:15-1 p.m. FITBOX CIRCUIT Marydith D. RWC, FitBox **</p>	<p>10-10:30 a.m. TREAD 30 Gabby A. RWC, 2nd Floor</p>

ADJUSTED:
 September 2
 October 19-22
 November 27-December 1
 December 14-20

* Yoga for Climbers is for those with a climbing pass.
 ** In case of rain or cold weather, the RWC, FitBox class is moved to the RWC, South Studio.



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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.