Fitness Class Schedule

Finals Week
April 28–May 4, 2018

All classes FREE!

City Campus @ Campus Rec Center (unless noted)

**Sunday**
- Total Body Tone
  - Leah
  - CREC, Fitness Room
- Barbell Strength
  - Kelcy
  - CREC, Fitness Room
- POP Pilates
  - Kamrin
  - CREC, Fitness Room
- Yoga
  - Lynna
  - CREC, Fitness Room
- Aqua Fit
  - Mabel Lee Hall Pool
- Cardio Kickboxing
  - Ashley
  - CREC, Fitness Room
- Power Yoga
  - Rachel H
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Booty Camp
  - Alex
  - CREC, Fitness Room

**Monday**
- Cycling
  - Kristina
  - CREC, Fitness Room
- Yoga
  - Vanessa
  - CREC, Fitness Room
- Booty Camp
  - Sarah
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room

**Tuesday**
- Cycling
  - Kristina
  - CREC, The Studio
- Yoga
  - Vanessa
  - CREC, Fitness Room
- Hard Core
  - Sarah
  - CREC, Fitness Room
- HIIT
  - Alex
  - CREC, Fitness Room
- Cardio Dance
  - Rachel S
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Yoga
  - Rachel H
  - CREC, Fitness Room

**Wednesday**
- Cycling
  - Nicole V
  - CREC, The Studio
- Yoga
  - Vanessa
  - CREC, Fitness Room
- Candlelight Yoga
  - Courtney
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Bike
  - Rachel S
  - CREC, Fitness Room

**Thursday**
- Cycling
  - Nicole V
  - CREC, The Studio
- Yoga
  - Vanessa
  - CREC, Fitness Room
- Candlelight Yoga
  - Courtney
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Cardio Dance
  - Alex
  - CREC, Fitness Room
- Yoga
  - Rachel H
  - CREC, Fitness Room

**Friday**
- Cycling
  - Nicole V
  - CREC, Fitness Room
- Yoga
  - Vanessa
  - CREC, Fitness Room
- Cardio Dance
  - Rachel S
  - CREC, Fitness Room
- Cardio Dance
  - Rachel S
  - CREC, Fitness Room
- Aqua Fit
  - Mabel Lee Hall Pool

Join our community
For class + instructor updates, fitness tips and inspiration, join us on facebook: go.unl.edu/fbfitness

East Campus @ Rec & Wellness Center

**Saturday**
- TRX®
  - Nicole D
  - RWC, South Studio
- Morning Flow Yoga
  - Kristina
  - RWC, South Studio
- HIIT
  - Nicole V
  - RWC, South Studio
- Yoga
  - Heather
  - RWC, East Studio
- Yoga
  - Rachel H
  - RWC, East Studio

**Sunday**
- TRX®
  - Nicole V
  - RWC, South Studio
- Morning Flow Yoga
  - Madeline
  - RWC, East Studio
- Barre Cycle Fusion
  - Amanda
  - RWC, East Studio
- TRX®
  - Sarah
  - RWC, South Studio
- Yoga
  - Michael
  - RWC, East Studio

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