

# Fitness Class Schedule

Fall 2017: August 21-December 15

**\$55** One Pass  
One Price

## City Campus @ Campus Rec Center (unless noted)

### Monday

- 6:00-6:30 Barbell Strength  
Kelsey  
CREC, Fitness Room
- Noon-12:50 Yoga  
Heather  
CREC, Fitness Room
- 3:00-3:30 HIIT  
Amber  
CREC, Fitness Room
- 4:00-4:25 Booty Camp  
Kenzie  
CREC, Fitness Room
- 4:30-4:55 Hard Core  
Kenzie  
CREC, Fitness Room
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool
- 5:30-6:20 Cycle Strength Fusion  
Kenzie  
CREC, The Studio
- 6:00-6:30 Cardio Dance  
Madison  
CREC, Fitness Room
- 7:00-7:30 HIIT  
Erin N  
CREC, Fitness Room
- 8:00-8:30 Power Yoga  
Rachel H  
CREC, Fitness Room
- 9:00-9:30 Cardio Dance  
Alex  
CREC, Fitness Room
- 10:00-10:30 Booty Camp  
Alex  
CREC, Fitness Room

### Tuesday

- 6:00-6:30 Cycling  
Shelly  
CREC, The Studio
- Noon-12:50 Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:25 Booty Camp  
Jennifer  
CREC, Fitness Room
- 3:30-3:55 Hard Core  
Jennifer  
CREC, Fitness Room
- 4:00-4:50 HIIT  
Taylor  
CREC, Fitness Room
- 5:00-5:25 Full Body Stretch  
Taylor  
CREC, Fitness Room
- 5:30-6:20 Cycling  
Jennifer  
CREC, The Studio
- 6:00-6:30 Yoga  
Heather  
CREC, Fitness Room
- 6:00-6:30 Barre  
Katelyn  
CREC, Combative Arts
- 7:00-7:30 Cardio Kickboxing  
Madison  
CREC, Fitness Room
- 8:00-8:30 TRX®  
Rachel L  
CREC, Fitness Room
- 9:00-9:30 Cardio Dance  
Christine  
CREC, Fitness Room
- 10:00-10:30 Hard Core  
Christine  
CREC, Fitness Room

### Wednesday

- 6:00-6:30 Total Body Tone  
Nicole V  
CREC, Fitness Room
- Noon-12:50 Pilates  
Vanessa  
CREC, Fitness Room
- 4:00-4:30 HIIT  
Amber  
CREC, Fitness Room
- 5:00-5:30 Candlelight Yoga  
Dani  
CREC, Fitness Room
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool
- 5:30-6:20 Cycle Strength Fusion  
Rachel L/Sarah  
CREC, The Studio
- 6:00-6:30 Cardio Dance  
Madison  
CREC, Fitness Room
- 7:00-7:30 Yoga  
Courtney  
CREC, Fitness Room
- 8:00-8:30 Barre  
Adrienne  
CREC, Combative Arts
- 9:00-9:30 Cardio Dance  
Kate  
CREC, Fitness Room
- 10:00-10:30 Booty Camp  
Kate  
CREC, Fitness Room

### Thursday

- 6:00-6:30 Cycling  
Nicole D  
CREC, The Studio
- Noon-12:50 Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:25 Booty Camp  
Katelyn  
CREC, Fitness Room
- 3:30-3:55 Hard Core  
Katelyn  
CREC, Fitness Room
- 4:00-4:30 Barre  
Jill  
CREC, Combative Arts
- 5:00-5:30 HIIT  
Katelyn  
CREC, Fitness Room
- 5:30-6:20 Cycling  
Taylor  
CREC, The Studio
- 6:00-6:30 Cardio Dance  
Erin N  
CREC, Fitness Room
- 7:00-7:30 Total Body Tone  
Erin N  
CREC, Fitness Room
- 8:00-8:30 Cycling  
Shelly  
CREC, The Studio
- 9:00-9:30 Cardio Dance  
Madison  
CREC, Fitness Room
- 10:00-10:30 Hard Core  
Madison  
CREC, Fitness Room

### Friday

- 6:00-6:30 Total Body Tone  
Kelsey  
CREC, Fitness Room
- Noon-12:50 Relax & Recharge Yoga  
Vanessa  
CREC, Fitness Room
- 3:00-3:30 Relax & Recharge Yoga  
Rachel H  
CREC, Fitness Room
- 4:00-4:30 Barre  
Leah  
CREC, Combative Arts
- 5:15-6:00 Aqua Fit  
Mabel Lee Hall Pool

### Sunday

- 4:00-4:30 Total Body Tone  
Leah  
CREC, Fitness Room
- 7:00-7:30 Candlelight Yoga  
Kristina  
CREC, Fitness Room
- 8:00-8:30 Mind Prep Meditation  
Rae/Shantel/Erin B  
CREC, Fitness Room
- 9:00-9:30 Cardio Dance  
Alex  
CREC, Fitness Room

Download our app for updates! [go.unl.edu/campusrec](http://go.unl.edu/campusrec)

## East Campus @ Rec & Wellness Center

### Monday

- 6:45-7:35 Morning Flow Yoga  
Kristina  
RWC, East Studio
- 12:15-1:00 HIIT  
Nicole V  
RWC, South Studio
- 5:00-5:30 Cardio Dance  
Kate  
RWC, South Studio
- 6:00-6:30 Cycling  
Nicole D  
RWC, East Studio
- 7:00-7:30 Barre  
Nicole D  
RWC, East Studio

### Tuesday

- 6:45-7:35 Cycle Strength Fusion  
Rachel L  
RWC, East Studio
- 12:15-1:00 Yoga  
Courtney  
RWC, East Studio
- 5:00-5:30 Barre  
Jill  
RWC, East Studio
- 6:00-6:30 Yoga  
Rachel H  
RWC, East Studio
- 7:00-7:30 Cardio Dance  
Erin N  
RWC, South Studio

### Wednesday

- 6:45-7:35 Morning Flow Yoga  
Kristina  
RWC, East Studio
- 12:15-1:00 Barre Cycle Fusion  
Amanda  
RWC, East Studio
- 5:00-5:30 Total Body Tone  
Kate  
RWC, South Studio
- 6:00-6:30 Cycle Strength Fusion  
Nicole S  
RWC, East Studio
- 7:00-7:30 TRX®  
Nicole S  
RWC, South Studio

### Thursday

- 6:45-7:35 Cycle Strength Fusion  
Rachel L  
RWC, East Studio
- 12:15-1:00 Pop Pilates  
Katelyn  
RWC, East Studio
- 5:00-5:30 TRX®  
Sarah  
RWC, South Studio
- 6:00-6:30 Yoga  
Rachel H  
RWC, East Studio
- 7:00-7:30 Cardio Dance  
Adrienne  
RWC, South Studio

### Friday

No Classes

### Saturday

- 10:00-10:30 TRX®  
Shelly/Sarah  
RWC, South Studio

A service of the Division of Student Affairs

ADJUSTED SCHEDULE: Sept. 4, Oct. 14-17, Dec. 9-15  
NO CLASSES: Nov. 22-26

[go.unl.edu/allclasspass](http://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](http://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](http://go.unl.edu/nondiscrimination).