

# Fitness Class Schedule

## Finals Week

December 9–15, 2017

**All Classes FREE!**

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

Sunday	Monday	Tuesday	Wednesday	Thursday
<p><b>4<sup>00</sup></b> Total Body Tone <i>Leah</i> CREC, Fitness Room</p>	<p><b>6<sup>00</sup></b> Barbell Strength <i>Kelsey</i> CREC, Fitness Room</p>	<p><b>6<sup>00</sup></b> Cycling <i>Shelly</i> CREC, The Studio</p>	<p><b>Noon</b> Pilates <i>Vanessa</i> CREC, Fitness Room</p>	<p><b>Noon</b> Yoga <i>Vanessa</i> CREC, Fitness Room</p>
<p><b>7<sup>00</sup></b> Candlelight Yoga <i>Kristina</i> CREC, Fitness Room</p>	<p><b>Noon</b> Yoga <i>Heather</i> CREC, Fitness Room</p>	<p><b>Noon</b> Yoga <i>Vanessa</i> CREC, Fitness Room</p>	<p><b>4<sup>00</sup></b> HIIT <i>Amber</i> CREC, Fitness Room</p>	<p><b>5<sup>30</sup></b> Cycling <i>Taylor</i> CREC, The Studio</p>
<p><b>9<sup>00</sup></b> Cardio Dance <i>Alex</i> CREC, Fitness Room</p>	<p><b>3<sup>00</sup></b> HIIT <i>Amber</i> CREC, Fitness Room</p>	<p><b>3<sup>00</sup></b> Booty Camp <i>Jennifer</i> CREC, Fitness Room</p>	<p><b>5<sup>15</sup></b> Aqua Fit <i>Mabel Lee Hall Pool</i></p>	<p><b>8<sup>00</sup></b> Cycling <i>Shelly</i> CREC, The Studio</p>
	<p><b>4<sup>00</sup></b> Booty Camp <i>Kenzie</i> CREC, Fitness Room</p>	<p><b>3<sup>30</sup></b> Hard Core <i>Jennifer</i> CREC, Fitness Room</p>	<p><b>5<sup>30</sup></b> Cycle Strength Fusion <i>Rachel L</i> CREC, The Studio</p>	<p><b>9<sup>00</sup></b> Cardio Dance <i>Madison</i> CREC, Fitness Room</p>
	<p><b>4<sup>30</sup></b> Hard Core <i>Kenzie</i> CREC, Fitness Room</p>	<p><b>4<sup>00</sup></b> HIIT <i>Taylor</i> CREC, Fitness Room</p>	<p><b>6<sup>00</sup></b> Cardio Dance <i>Madison</i> CREC, Fitness Room</p>	<p><b>10<sup>00</sup></b> Hard Core <i>Madison</i> CREC, Fitness Room</p>
	<p><b>5<sup>15</sup></b> Aqua Fit <i>Mabel Lee Hall Pool</i></p>	<p><b>5<sup>00</sup></b> Full Body Stretch <i>Taylor</i> CREC, Fitness Room</p>	<p><b>7<sup>00</sup></b> Total Body Tone <i>Jennifer</i> CREC, Fitness Room</p>	
	<p><b>5<sup>30</sup></b> Cycle Strength Fusion <i>Kenzie</i> CREC, The Studio</p>	<p><b>5<sup>30</sup></b> Cycling <i>Jennifer</i> CREC, The Studio</p>	<p><b>8<sup>00</sup></b> Barre <i>Adrienne</i> CREC, Combative Arts</p>	<p><b>Friday</b></p>
	<p><b>6<sup>00</sup></b> Cardio Dance <i>Madison</i> CREC, Fitness Room</p>	<p><b>7<sup>00</sup></b> Cardio Kickboxing <i>Madison</i> CREC, Fitness Room</p>		<p><b>6<sup>00</sup></b> Total Body Tone <i>Kelsey</i> CREC, Fitness Room</p>
	<p><b>8<sup>00</sup></b> Power Yoga <i>Rachel H</i> CREC, Fitness Room</p>	<p><b>9<sup>00</sup></b> Cardio Dance <i>Alex</i> CREC, Fitness Room</p>		<p><b>Noon</b> Relax &amp; Recharge Yoga <i>Vanessa</i> CREC, Fitness Room</p>
	<p><b>9<sup>00</sup></b> Cardio Dance <i>Alex</i> CREC, Fitness Room</p>			<p><b>4<sup>00</sup></b> Barre <i>Leah</i> CREC, Combative Arts</p>
	<p><b>10<sup>00</sup></b> Booty Camp <i>Alex</i> CREC, Fitness Room</p>			<p><b>5<sup>15</sup></b> Aqua Fit <i>Mabel Lee Hall Pool</i></p>

**East Campus** @ Rec & Wellness Center

Saturday	Monday	Tuesday	Wednesday	Thursday
No Classes	<p><b>5<sup>00</sup></b> Cardio Dance <i>Kate</i> RWC, South Studio</p>	<p><b>6<sup>45</sup></b> Cycle Strength Fusion <i>Rachel</i> RWC, East Studio</p>	<p><b>12<sup>15</sup></b> Barre Cycle Fusion <i>Amanda</i> RWC, East Studio</p>	<p><b>6<sup>00</sup></b> Yoga <i>Rachel H</i> RWC, East Studio</p>
	<p><b>6<sup>00</sup></b> Cycling <i>Nicole D</i> RWC, East Studio</p>	<p><b>12<sup>15</sup></b> Yoga <i>Courtney</i> RWC, East Studio</p>	<p><b>5<sup>00</sup></b> Total Body Tone <i>Kate</i> RWC, South Studio</p>	<p><b>7<sup>00</sup></b> Cardio Dance <i>Adrienne</i> RWC, South Studio</p>
	<p><b>7<sup>00</sup></b> Barre <i>Nicole D</i> RWC, East Studio</p>	<p><b>5<sup>00</sup></b> Barre <i>Jill</i> RWC, East Studio</p>		<p><b>Friday</b></p>
		<p><b>6<sup>00</sup></b> Yoga <i>Heather</i> RWC, East Studio</p>		No Classes



A service of the Office of Student Affairs

[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).