

GROUP *axe* CLASSES

FALL 2018 < AUG 27 – DEC 7

FIND YOUR FIT

TARGET YOUR
GROUP AXE FITNESS
EXPERIENCE



CYCLING



TOTAL BODY



DANCE



MIND & BODY



TARGETED



AQUATICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 7:30 AM	CYCLE SCULPT & <small>(Cycling Studio)</small>	YOGA	CYCLE & <small>(Cycling Studio)</small>	YOGA	AMP CYCLE & <small>(Cycling Studio)</small> YOGA FLOW		
NOON 1:00 PM			YOGA		YOGA		
3:30 4:30 PM	BOOTY SCULPT & DANCE CARDIO		TOTAL BODY BURN	CYCLE SCULPT & <small>(Cycling Studio)</small>			
4:30 5:30 PM	AMP CYCLE & <small>(Cycling Studio)</small> POWER YOGA BODY BOOT CAMP	ZUMBA 1 YOGA FLOW	AMP CYCLE & <small>(Cycling Studio)</small> PLATES	POWER YOGA			
5:30 6:30 PM	ZUMBA 1 YOGA FLOW	LOWER BODY BLAST &	BOSU ZUMBA 1	ZUMBA 1 VINYASA YOGA			VIN YIN YOGA
6:30 7:30 PM	CYCLE & <small>(Cycling Studio)</small> TOTAL BODY BURN ZUMBA 1	CYCLE & <small>(Cycling Studio)</small> BOSU	BOOTY SCULPT &	CYCLE & <small>(Cycling Studio)</small>			

Group Axe fitness classes are free to attend and start promptly at the scheduled time. See back for class descriptions.



**CAMPUS
RECREATION**
RECreate Yourself.