



## Fall 2018 GROUP FITNESS SCHEDULE August 20 – December 7, 2018



		Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>						Yoga <b>G</b> 10:00 -10:45 am Casi
<b>Lunch</b>	Yoga <b>G</b> 12:00- 12:45pm Leslie	Spinsanity <b>G</b> 12:00- 12:45pm Hannah	Yoga <b>G</b> 12:00- 12:45pm Leslie	Spinsanity <b>G</b> 12:00- 12:45pm Hannah		Spinsanity <b>G</b> 11:00- 11:55 am Hannah
<b>Evening</b>	Yoga/Pilates <b>G</b> 4:15- 5:15 pm Casi	Hip-Hop Cardio <b>G</b> 4:15- 5:15 pm Laura	Yoga/Pilates <b>G</b> 4:15- 5:15 pm Casi	Hip-Hop Cardio <b>G</b> 4:15- 5:15 pm Laura		
	Hip-Hop Cardio <b>G</b> 5:30- 6:25 pm Laura	Cardio Kickboxing <b>G</b> 5:30-6:25 pm Alex		Zumba <b>G</b> 5:30-6:25 pm Emily		
	Zumba® <b>G</b> 6:30- 7:25 pm Emily L	Yoga Sculpt <b>G</b> 6:30- 7:25 pm Alex	Zumba® <b>G</b> 6:30- 7:25 pm Emily L	Yoga Sculpt <b>G</b> 6:30- 7:25 pm Alex		
	Spin <b>G</b> 7:30- 8:30 pm Hannah	Bootcamp <b>G</b> 7:30- 8:15 pm Hannah	Spin <b>G</b> 7:30- 8:30 pm Hannah	Bootcamp <b>G</b> 7:30- 8:15 pm Hannah		

### KEY

**G** - Group Fitness Room 134

### INFO

- Class schedule is subject to change without notice
- Classes are on a first come basis
- No registration is required
- You may join at any point in the semester

University of Central Oklahoma  
www.ucowellnesscenter.com  
Contact: khuff4@uco.edu or 405-974-3119

**STRIVE FOR PROGRESS NOT PERFECTION**