

ETSU Campus Recreation Fall Group Fitness Schedule** August 27th-December 7th*

| Facility | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---|--|---|--|---|---|-------------------------------------|
| Main Aerobics Studio | Cardio Sculpt (12-1:00 pm) Leanna | HIIT Express (10:30-11 am) Lauren N | ABS (12-12:30 pm) Leanna | HIIT Express (10:30-11 am) Lauren N | Zumba ® Strong (12-1:00 pm) Leanna | | |
| | Total Body Strength and Conditioning (5-6:00pm) Amy | Total Body Strength and Conditioning (12:15-1 pm) Lauren N | Lower Body Blast (12:30-1 pm) Leanna | Total Body Strength and Conditioning (12:15-1 pm) Lauren N | | | |
| | Buti Yoga® (6-7:15pm) Karie | Ballroom Dance (6-7:00pm) Jessica & Jesse | Hip Hop Yoga (5-6:15pm) Jessica | Tabata Time! (5-5:30pm) Chad (begins 9/6) | | | |
| | | Zumba® (7-8:00 pm) Cariyah | | ABS (5:30-6:00pm) Chad (begins 9/6) | | | |
| | | | | Zumba® (6-7:00pm) Cariyah (begins 9/6) | | | |
| Yoga Studio | Vinyasa Power Flow (12-1:00 pm) Dottie | Creative Flow Yoga (12-1:00pm) Lydie | Gentle Flow Yoga (12-1:00pm) Mel | Sunrise Morning Flow (6:30-7:40am) Casey | Yin Yoga (Noon-1:15pm) Sheri | | |
| | Yoga 101 (4-5:00 pm) Sheri | Strong & Steady Flow (5-6:00pm) Rachel | Pilates (5-6:00pm) Lauren R | | Restorative Yoga (1:30-2:15pm) Sheri | | Flow Yoga (5:45-6:45pm) Molly |
| | Beginner/ Restorative (5:30-6:45pm) Sheri | | | | | | |
| Cycling Studio | Cycle (12-1:00pm) Kim M | Cycle (12-1:00pm) Nani | Cycle (12-1:00pm) Kim M | Cycle (12-1:00pm) Nani | Cycle (12-1:00pm) Kelly M | | |
| | Cycle (5-6:00pm) Walter | | Cycle (5-6:00pm) Nancy | | | | |
| Pool | HydroFit (6:30-7:30AM) Mia | | | | | | |
| | | HydroFit (5:30-6:30pm) Mia | | HydroFit (5:30-6:30pm) Mia | | Stand Up Paddle Board Yoga (9-10 am) ONLY:9/8,10/27 11/10, 12/8 [Registration at front desk required] | |
| Martial Arts Studio | | Krav Maga (11am-noon) Lauren | | Krav Maga (11am-noon) Lauren | | | Kung Fu (4-5:00pm) Justin |
| | Judo (6-7:40pm) Dr. Rowe | Japanese Swordsmanship (5:15-6:15pm) Zach | Judo (6-7:40pm) Dr. Rowe | | Japanese Swordsmanship (5-7:00pm) Zach | | |
| | | Kung Fu (7-8:00pm) Justin | | | | | |

***Classes not offered: August 30th evening classes ONLY (REC REST)**

Sept 3rd (Labor Day), Oct 13th-16th (Fall Break)

Nov 9th (Veteran's Day), Nov 21st-25th (Thanksgiving Break)

****Campus Rec may cancel any class whose attendance below 6 participants.**

All classes are FREE with CPA access, no community/public access.

For more information or to view full class descriptions visit etsu.edu/rec.