

ETSU Campus Recreation Fall Group Fitness Schedule**

August 27th-December 7th*

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Aerobics Studio	Zumba (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		Tabata Time! (5-5:30pm) Chad			
		Zumba® (7-8:00 pm) Cariyah		ABS (5:30-6:00pm) Chad			
				Zumba® (6-7:00pm) Cariyah			
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 (1:30-2:30pm) Sheri		Flow Yoga (5:45-6:45pm) Molly
	Beginner/ Restorative (5:30-6:45pm) Sheri	Mat Core/Abs (6:30-7pm) Katie none: 10/30,11/27	Hip Hop Yoga (6-7:00pm) Jessica				
		Beginner Flow Express (7-7:30pm) Katie none: 10/30,11/27					
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	Themed Cycle (5-6:00pm) Kelly M ONLY: 11/6, 12/4	Cycle (5-6:00pm) Nancy				
Pool	HydroFit (6:30-7:30AM) Mia	HydroFit (5:30-6:30pm) Mia		HydroFit (5:30-6:30pm) Mia			
Martial Arts Studio		Krav Maga (11am-noon) Lauren	Tai Chi (5-6:00 pm) Justin	Krav Maga (11am-noon) Lauren			Kung Fu (4-5:00pm) Justin
	Judo (6-7:40pm) Dr. Rowe	Japanese Swordsmanship (5:15-6:15pm) Zack	Judo (6-7:40pm) Dr. Rowe		Japanese Swordsmanship (5-7:00pm) Zack		
		Kung Fu (7-8:00pm) Justin					

***Classes not offered: October 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.**

*Cycle Participants must check out a seat reservation card at the equipment desk to take the class
All classes are FREE with CPA access, no community/public access.