

ETSU Campus Recreation Spring 2018 Group Fitness Schedule**

Tuesday January 16th – Friday April 27th

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Aerobics Studio	HIIT (5-6:00pm) Chad Buti Yoga® (6-7:15pm) Karie Zumba® (7:30-8:30pm) Cariyah	HIIT (5-6:00pm) Kellye W Ballroom Dance (7-8:00pm) Jessica	Tabata Time! (5-5:30pm) Chad ABS (5:30-6:00pm) Chad Tone 30! (6-6:30pm) Chad Zumba® (6:30-7:30pm) Cariyah	Lo Impact (5-6:00pm) Walter Total Body Strength and Conditioning (6-7:00pm) Amy Buti Yoga® (7-8:00pm) Jesse Cancelled		Total Body Strength and Conditioning (10-11:00am) Kelly M Cancelled	
	Power Yoga (12-1:00 pm) Dottie Beginner/ Restorative (5:30-6:45pm) Sheri	Creative Flow Yoga (12-1:00pm) Lydie Mat Core/Abs (6-6:25pm) Katie Beginner Flow Express (6:30-7:00pm) Katie Rest & Restore (7-7:30pm) Katie	Pilates (5-6:00pm) Lauren Empowered Flow (6:15-7:15 pm) Rachel	Flow Yoga (5-6:15pm) Sarah G	Yin Yoga (Noon-1:15pm) Sheri Restorative Yoga (1:30-2:30pm) Sheri		Flow Yoga (5:45-6:45pm) Molly
	Cycle (12-1:00pm) Kim M Cycle (5-6:00pm) Walter	Cycle (12-1:00pm) Amy Endurance Cycle (5-6:00pm) Isabel	Cycle (12-1:00pm) Kim M Cycle (5-6:00pm) Nancy	Cycle (12-1:00pm) Mel H Cycle (5-6:00pm) Bri	Cycle (12-1:00pm) Kelly M	Cycle (11-12:00pm) Bri	Cycle (5-6:00pm) Isabel
Pool		HydroFit (5-6:00pm) Mia		HydroFit (5-6:00pm) Mia			
Martial Arts Studio	Judo (6:30-8:00pm) Dr. Rowe	Japanese Swordsmanship (6:15-8:15pm) Zach Kung Fu (8:30-9:30pm) Justin	Judo (6-7:40pm) Dr. Rowe		Japanese Swordsmanship (5-7:00pm) Zach		Kung Fu (4-5:00pm) Justin

***Classes not offered: March 3rd-11th (Spring Break) and March 30th [after 1 pm]-April 1st (Good Friday/Easter)**

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

The Group Fitness Schedule is subject to change without notice.

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

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