

**ETSU Campus Recreation Summer 2018 Group Fitness Schedule\*\***  
**Monday May 14<sup>th</sup>-August 10<sup>th</sup>**

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Aerobics Studio</b>	<p>HIIT (5-6:00pm) Chad</p> <p>Buti Yoga® (6-7:15pm) Karie</p>	<p><del>HIIT</del> (10-11:00am) <del>Kellye W</del> Cancelled due to low attendance</p> <p>Ballroom Dance (5-6:00pm) Jessica</p>	<p>Tabata Time! (5-5:30pm) Chad</p> <p>ABS (5:30-6:00pm) Chad</p>	<p>Total Body Strength and Conditioning (5-6:00pm) Amy</p>	
<b>Yoga Studio</b>	<p>Beginner/ Restorative (5:30-6:45pm) Sheri</p>	<p>Creative Flow Yoga (12-1:00pm) Lydie</p> <p>Strong &amp; Steady Flow (5-6:00pm) Rachel</p>	<p>Gentle Flow (12-1:00pm) Mel H</p>	<p>Power Yoga (12-1:00pm) Dottie</p> <p>Flow Yoga (5-6:15pm) Sarah G</p>	<p>Yin Yoga (12-1:15pm) Sheri</p> <p>Restorative Yoga (1:30-2:30pm) Sheri</p>
<b>Cycling Studio</b>	<p>Cycle (12-1:00pm) Kim M</p> <p>Cycle (5-6:00pm) Walter</p>	<p>Cycle (12-1:00pm) Amy</p> <p>Cycle (5-6:00pm) Gabrielle</p>	<p>Cycle (12-1:00pm) Kim M</p> <p>Cycle (5-6:00pm) Nancy</p>	<p>Cycle (12-1:00pm) Nani</p> <p>Cycle (5-6:00pm) Gabrielle</p>	<p>Cycle (12-1:00pm) Kelly M</p>
<b>Martial Arts Studio</b>	<p>Judo (6-7:30pm) Dr. Rowe</p>	<p>Kung Fu (6-7:00pm) Justin</p>	<p>Judo (6-7:45pm) Dr. Rowe</p>		<p>Japanese Swordsmanship (5-7:00pm) Zach</p>

**\*Classes not offered: Monday May 28<sup>th</sup> (Memorial Day)  
and Wednesday July 4<sup>th</sup> (Independence Day)**

**\*\*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](http://etsu.edu/rec).**