

## ETSU Campus Recreation Spring Group Fitness Schedule\*\*

### January 14<sup>th</sup>-April 26<sup>th</sup>\*

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Aerobics Studio</b>	<p>Zumba (12-1:00 pm) Leanna</p> <p>Total Body Strength and Conditioning (5-6:00pm) Amy</p> <p>Buti Yoga® (6-7:15pm) Karie</p>	<p>HIIT Express (10:30-11 am) Lauren N</p> <p>Total Body Strength and Conditioning (12:15-1 pm) Lauren N</p> <p>Ballroom Dance (6-7:00pm) Jessica &amp; Jesse</p>	<p>Boot Camp (12-1:00 pm) Leanna</p> <p>Zumba® (7-8:00 pm) Cariyah</p>	<p>HIIT Express (10:30-11 am) Lauren N</p> <p>Total Body Strength and Conditioning (12:15-1 pm) Lauren N</p> <p>Recess Time! (6:05-7:05pm) Chad</p>	<p>Zumba ® Strong (12-1:00 pm) Leanna</p>		
<b>Yoga Studio</b>	<p>Vinyasa Power Flow (12-1:00 pm) Dottie</p> <p>Yoga 101 (4-5:00 pm) Sheri</p> <p>Beginner/ Restorative (5:30-6:45pm) Sheri</p> <p>Mantra (7-7:30 pm) Sheri</p>	<p>Sunrise Morning Flow (6:30-7:40am) Casey</p> <p>Gentle Yoga (9:15-10:15 am) Lauren N</p> <p>Creative Flow Yoga (12-1:00pm) Lydie</p> <p>Meditation (5-6:00pm) Jesse</p> <p>ABS (6-6:30pm) Chad</p>	<p>Gentle Flow Yoga (12-1:00pm) Mel</p> <p>Beginner Flow Yoga w/Core Focus (4:15-5:00 pm) Katie</p> <p>Pilates (5-6:00pm) Lauren R</p> <p>Strength &amp; Flow Yoga (6-7:00pm) Grace</p>	<p>Gentle Flow (9:15-10:15 am) Lauren N</p> <p>Yinyasa (11:30-12:30 pm) Grace</p> <p>ABS (5:30-6:00pm) Chad</p>	<p>Yin Yoga (Noon-1:15pm) Sheri</p> <p>Restorative Yoga (1:30-2:30pm) Sheri</p> <p>Mudra (2:45-3:15 pm) Sheri</p>	<p>Flow Yoga (9-10:00 am) Hannah T</p>	<p>Sunset Yoga Flow (5:45-6:45pm) Molly</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) Nani</p> <p>Themed Cycle (5-6:00pm) Kelly M ONLY 2/5, 3/5, 4/2</p>	<p>Cycle (12-1:00pm) Kim M</p> <p>Cycle (5-6:00pm) Nancy</p>	<p>Express Cycle (10-10:40 am) Nani</p> <p>Cycle (5-6:00pm) Gabby</p>	<p>Cycle (12-1:00pm) Kelly M</p>		
<b>Pool</b>	<p>HydroFit (6:30-7:30AM) Mia</p>	<p>HydroFit (5-6:00pm) Mia</p>		<p>HydroFit (5-6:00pm) Mia</p>		<p>Stand Up Paddle Board Yoga (9-10:00 am) 2<sup>nd</sup> and 4<sup>th</sup> Saturdays</p>	<p>Must register online: campusrec.etsu.edu</p>
<b>Martial Arts Studio</b>	<p>Judo (6-7:40pm) Dr. Rowe</p>	<p>Krav Maga (11am-noon) Lauren</p> <p>Japanese Swordsmanship (5:15-6:15pm) Zack</p> <p>Kung Fu (7-8:00pm) Justin</p>	<p>Judo (6-7:40pm) Dr. Rowe</p>	<p>Krav Maga (11am-noon) Lauren</p>	<p>Japanese Swordsmanship (5-7:00pm) Zack</p>		<p>Kung Fu (4-5:00pm) Justin</p> <p>Tai Chi (5-6:00 pm) Justin</p>

**\*Classes not offered: Monday 1/21 (MLK Day),**

**Saturday 3/9-Sunday 3/17 (Spring Break), Friday 4/19-Sunday 4/21 (Good Friday/Easter)**

**\*\*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/membership, no community/public access.