

ETSU Campus Recreation Fall Group Fitness Schedule** August 28th-December 8th*

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Aerobics Studio	Zumba® (5-6:00pm) Cariyah	HIIT (5-6:00pm) Kellye W	Tabata Time! (5-5:30pm) Chad	Lo Impact (5-6:00pm) Walter	Strong by Zumba ® (5-6:00pm) Leanna		
	Buti Yoga® (6:30-7:30pm) Karie	Ballroom Dance (6-7:00pm) Jessica Capoeira (7:30-9 pm) Marcelo	ABS (5:30-6:00pm) Chad Warrior Games (6-7:00pm) Chad	Zumba® (6-7:00pm) Cariyah			
Yoga Studio	Power Yoga (12-1:00 pm) Dottie	Creative Flow Yoga (12-1:00pm) Lydie	Flow Yoga (12-1:00pm) Kim M	Energetic Yoga (6:45-7:45am) Casey	Yin Yoga (Noon-1:15pm) Sheri		
	Beginner/ Restorative (5:30-6:45pm) Sheri	Mat Core/Abs (6-6:25pm) Katie Beginner Flow Express (6:30-7:00pm) Katie	Pilates (5-6:00pm) Lauren	Flow Yoga (5-6:15pm) Sarah G	Restorative Yoga (1:30-2:15pm) Sheri		Flow Yoga (5:45-6:45pm) Molly
Cycling Studio	Cycle (12-1:00pm) Kim M	Cycle (12-1:00pm) Mel H	Cycle (12-1:00pm) Nani	Cycle (12-1:00pm) Kim M	Cycle (12-1:00pm) Kelly M		
	Cycle (5-6:00pm) Walter	Express Cycle (6:05-6:35pm) Kellye W	Cycle (5-6:00pm) Nancy	Cycle (5-6:00pm) Bri			Cycle (5-6:00pm) Bri
Pool		HydroFit (5-6:00pm) Marie		HydroFit (5-6:00pm) Marie			
Martial Arts Studio	Judo (6-7:40pm) Dr. Rowe	Beginner Meditation (5-6:00pm) Jesse	Judo (6-7:40pm) Dr. Rowe		Japanese Swordsmanship (5-7:00pm) Zach		Kung Fu (4-5:00pm) Justin
		Japanese Swordsmanship (6:15-8:15pm) Zach Kung Fu (8:30-9:30pm) Justin					

***Classes not offered: Nov. 22nd [after 1 pm]-26th(Thanksgiving Break)**

****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.