

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 | | Total Body Strength and Conditioning (10-11:00am) Kelly M | |
| Yoga Studio | 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 |
| Cycling Studio | 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.