

GROUP FITNESS SCHEDULE

SPRING BREAK 2020
Effective 3/9/20 – 3/15/20

MIGHTY
MORNINGS
ACTIVE
AFTERNOONS
ENERGY
EVENINGS
WORKOUT
WEEKENDS

MONDAY

CYCLING (174)
6–6:45am; Laurysa

**LES MILLS
BODY PUMP (227)**
12–12:45pm; Matt

CIRCUIT (227)
5:30–6:15pm; Michael

POWER YOGA (229)
6–7pm; Mary

TUESDAY

CYCLING (174)
6–6:45am; Julia

**LES MILLS
BODY PUMP (227)**
12–12:45pm; Matt

YOGA (229)
12–12:45pm; Mary

WEDNESDAY

CYCLING (174)
6–6:45am; Laurysa

CYCLING (174)
12–12:45pm; Michelle

CIRCUIT (229)
5:30–6:15pm; Michael

THURSDAY

CYCLING (174)
6–7am; Beth

**LES MILLS
BODY PUMP (227)**
12–12:45pm; Michelle

YOGA (229)
12–12:45pm; Mary

POWER YOGA (229)
6:45–7:45pm; Mary

FRIDAY

POWER YOGA (229)
12–1pm; William

CYCLING (174)
5:30–6:30pm; Michael

SATURDAY

CYCLING (174)
9:30–10:30am; Beth

The regular Spring 2020 Group Fitness
Class Schedule will resume on

Monday, March 16

See you in class!

JOIN THE FITNESS CRAZE THAT'S SWEEPING THE GLOBE!

F45: Team Training, Life Changing



SPRING 2020 SCHEDULE

Monday–Friday:

6:15am, 12:15pm, & 6pm | 3pm (Tues & Thurs only)

Saturdays & 1st and 3rd Sundays: 9:30am

(Saturday classes are 60-min)

Classes are listed chronologically
by day and time. Class locations are
denoted in parentheses after title.

PLEASE NOTE: Some classes have
a higher intensity level and may
involve high-impact exercises.



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