

Fitness & Wellness classes

College Avenue Gym

Schedule is subject to change. Check the REC2GO App for notifications and to view the most up to date schedule

Activity	Instructor	Location	Time	Activity	Instructor	Location	Time
MONDAY				TUESDAY			
VINYASA YOGA	Victoria	Studio	8:00-8:45AM	CXWORX®	Heidi	Upper Gym	8:00-8:30AM
GRIT®	Anusha	Upper Gym	12:30-1:00PM	CXWORX®	Natasha	Studio	12:15-12:45PM
CXWORX®	Vivian	Upper Gym	5:45-7:30PM	GRIT® STRENGTH	Joshua	Upper Gym	5:30-6:00PM
BODYPUMP®	Heidi/Maria	Upper Gym	6:45-7:30PM	ZUMBA	Joella	Upper Gym	6:30-7:20PM
ZUMBA®	Brian	Upper Gym	8:00-8:50PM	ADVANCED YOGA	Jaclyn	Studio	7:30-8:30PM
				INTENSATI	Hildie	Upper Gym	7:45-8:35PM
WEDNESDAY				THURSDAY			
GRIT® CARDIO	Megan	Studio	9:15-9:45AM	CXWORX®	Joany	Upper Gym	12:15-12:45PM
VINYASA YOGA	Victoria	Upper Gym	12:15-1:00PM	GRIT®	James	Upper Gym	5:15-5:45PM
ZUMBA®	Steff	Studio	4:30-5:20PM	BODYFLOW®	James	Upper Gym	6:00-6:50PM
BODYFLOW®	Nicole	Upper Gym	5:15-6:05PM				
CXWORX®	Keri	Upper Gym	6:15-6:45PM				
BODYCOMBAT®	Keri	Upper Gym	7:00-7:45PM				
BODYPUMP®	Lilly	Upper Gym	8:00-8:45PM				
FRIDAY				SUNDAY			
BODYPUMP®	Kelly	Upper Gym	12:15-1:00PM	BODYFLOW®	Priyanka	Upper Gym	12:15-1:05PM
BARRE SCULPT	Kelly	Upper Gym	1:15-1:45PM	BODYPUMP®	Lilly	Upper Gym	1:30-2:15PM