

# Fitness & Wellness classes

## Cook Recreation Center

*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
<b>MONDAY</b>				<b>TUESDAY</b>			
BODYPUMP®	Kelly	MPR	12:30-1:15PM	BODYFLOW®	Nicole	MPR	12:30-1:15PM
BODYPUMP®	Ayla	MPR	5:30-6:15PM	ZUMBA®	Jacinta	MPR	5:15-6:05PM
VINYASA YOGA	Rosaleen	MPR	6:30-7:20PM	BODYPUMP®	Tiffany F	MPR	6:15-7:00PM
HATHA YOGA WITH RESTORATIVE	Cheryl	MPR	7:30-8:30PM	VINYASA YOGA	Jeeseon	MPR	7:15-8:00PM
<b>WEDNESDAY</b>				<b>THURSDAY</b>			
CXWORX®	Andie	MPR	12:30-1:00PM	BODYPUMP®	Rachel	MPR	12:30-1:15PM
CXWORX®	Mia	MPR	5:30-6:00PM	ZUMBA®	Cynthia	MPR	6:15-7:05PM
VINYASA YOGA	Tori	MPR	7:00-7:50PM	BODYPUMP®	Ngozi	MPR	7:15-8:00PM
ZUMBA	Jillian	MPR	8:00-8:50PM	CXWORX®	Kristin	MPR	8:15-8:45PM
<b>FRIDAY</b>				<b>SATURDAY</b>			
HATHA YOGA	Cheryl	MPR	12:30-1:15PM	VINYASA YOGA	Laura	MPR	11:00-12:00PM
BODYPUMP®	Rose	MPR	5:00-5:45PM	<b>SATURDAY</b>			
				VINYASA YOGA	Laura	MPR	4:30-5:30PM
				ZUMBA®	Brian	MPR	6:00-6:50PM