

# Fitness & Wellness classes

## Livingston 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>			
RU FIT TRX	Anne	MPR	1:30-2:15PM	BODYCOMBAT®	Moirra	MPR	12:30-1:15PM
ZUMBA®	Rachel C	MPR	6:30-7:20PM	GRIT® CARDIO	Megan	MPR	5:15-5:45PM
GRIT®	Jisa	MPR	8:15-8:45PM	RU FIT TRX	Kate	MPR	7:00-7:45PM
				ZUMBA®	Joella	MPR	8:00-8:50PM
<b>WEDNESDAY</b>				<b>THURSDAY</b>			
RU FIT TRX	Jamie	MPR	1:30-2:15PM	BODYPUMP®	Shirrie	MPR	1:30-2:15PM
ZUMBA®	Jacinta	MPR	5:30-6:20PM	VINYASA YOGA	JIM	MPR	6:30-7:30PM
				ZUMBA®	IJEOMA	MPR	8:00-8:50PM
<b>FRIDAY</b>				<b>SUNDAY</b>			
RU FIT TRX	Danielle	MPR	12:30-1:15PM				