

# Fitness & Wellness classes

## Sonny Werblin 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®	Natasha	MPR	12:15-1:00PM	BODYPUMP®	Anna	MPR	7:30-8:15AM
SPINNING® EXPRESS	Bethann	Spin studio	1:00-1:35PM	MEDITATION	Dr Gibbons	Room 122a *	12:00-1:00PM
ZUMBA®	Steff	MPR	5:00-5:50PM	HATHA YOGA	Steff	MPR	12:15-1:00PM
SPINNING®	Stacy	Spin studio	5:15-6:00PM	RU FIT STRENGTH	Jamie G	RU Fit room	1:00-1:45PM
RU FIT STRENGTH	Erika	RU Fit room	5:30-6:15PM	BODYPUMP®	Barb	MPR	5:00-5:45PM
BODYPUMP®	Kristin	MPR	6:15-7:00PM	SPINNING®	Carol	Spin studio	5:45-6:30PM
SPINNING®	Karen	Spin studio	6:30-7:30PM	BODYFLOW®	Barb	MPR	6:00-6:50PM
RU FIT STRENGTH	Karen D	RU Fit room	7:15-8:00PM	RU FIT STRENGTH	Madison	RU Fit room	6:15-7:00PM
ADVANCED YOGA	Jaclyn	MPR	7:30-8:30PM	CIZE®	Krista	MPR	7:00-7:50PM
				PILATES	Lees	MPR	8:00-8:50PM
				* This class is held at the Busch Student Center			
<b>WEDNESDAY</b>				<b>THURSDAY</b>			
VINYASA YOGA	Jade	MPR	7:30-8:15AM	RU FIT STRENGTH	Caitlin	RU Fit room	7:30-8:15AM
SPRINT®	Natasha	Spin studio	12:15-12:50PM	BARRE SCULPT	Kelly	MPR	12:15-1:00PM
BODYPUMP®	Rachel S	MPR	1:00-1:45PM	RU FIT STRENGTH	Anne	RU Fit room	1:00-1:45PM
GRIT CARDIO®	Anusha	MPR	5:00-5:30PM	BODYPUMP®	Natasha	MPR	5:00-5:45PM
POWER PUNCH	Hildie	MPR	5:00-5:50PM	SPINNING®	Stacy	Spin studio	5:15-6:00PM
SPRINT®	Monica	Spin studio	5:15-5:50PM	BODYCOMBAT®	Moira	MPR	6:00-6:45PM
RU FIT STRENGTH	Joshua	RU Fit room	5:45-6:30PM	RU FIT STRENGTH	Julian	RU Fit room	6:15-7:00PM
BODYPUMP®	Erin	MPR	6:00-6:45PM	SPINNING®	Karen	Spin studio	6:30-7:30PM
SPINNING®	Karen	Spin studio	6:30-7:30PM	CXWORX®	Jaclyn	MPR	7:00-7:30PM
ZUMBA®	Jena	MPR	7:15-8:05PM	HATHA YOGA	Jaclyn	MPR	7:45-8:45PM
RU FIT STRENGTH	Danielle	RU Fit room	6:45-7:30PM				
GRIT®	Joshua	MPR	8:15-8:45PM				
<b>FRIDAY</b>				<b>SUNDAY</b>			
CORE YOGA	Cheryl	MPR	10:45-11:45AM	SPRINT®	Amira	Spin room	5:30-6:05PM
CXWORX®	Cristina	MPR	12:15-12:45PM	BODYPUMP®	Tiffany C	MPR	6:00-6:45PM
SPINNING® EXPRESS	Stephanie	Spin studio	1:00-1:35PM	RU FIT STRENGTH	Amira	RU Fit room	6:15-7:00PM
BODYFLOW®	Jaclyn	MPR	2:00-2:50PM				
BODYPUMP®	Ayla	MPR	3:00-3:45PM				
SPRINT®	Amira	Spin studio	4:30-5:05PM				
RU FIT STRENGTH	Amira	RU Fit room	5:15-6:00PM				