



VIRTUAL FITNESS CLASS SCHEDULE

September 1st–September 30th

DAY & TIME	CLASS	INSTRUCTOR
MONDAY (No classes on Labor Day, Monday 9/7)		
10:00-10:45AM	RU Strength	Candace
12:00-12:30PM	CXworx®	Natasha
5:00-5:45PM	Zumba®	Macey
6:00-6:30PM	RU FIT-30	Shivani
7:00-8:00PM	Gentle Yoga	Jess
TUESDAY		
10:00-10:45AM	Flow Yoga	Caroline
12:00-12:30PM	RU FIT-30	Telema
5:00-5:30PM	CXworx®	Anna
5:30-6:15PM	Mindfulness Meditation	Dr. Gibbons
6:00-6:45PM	Flow Yoga	Sarah
7:00-7:45PM	RU Strength	Liz
WEDNESDAY		
10:00-10:45AM	RU Strength	Candace
12:00-12:30PM	CXworx®	Natasha
5:00-5:45PM	Zumba®	Macey
6:00-6:30PM	RU FIT-30	Kate
7:00-8:00PM	Gentle Yoga	Jess
THURSDAY		
12:00-12:30PM	RU FIT-30	Kate
12:30-1:15PM	Mindfulness Meditation	Dr. Gibbons
5:00-5:30PM	CXworx®	Melissa
6:00-6:45PM	Flow Yoga	Caroline
7:00-7:45PM	RU Strength	Kristin
FRIDAY		
10:00-10:45AM	RU Strength	Telema
12:00-12:45PM	Flow Yoga	Julia
SATURDAY		
10:00-10:45AM	Flow Yoga	Julia
12:00-12:30PM	RU FIT-30	Emily
SUNDAY		
12:00-12:45PM	Flow Yoga	Caroline

FREE!
**OPEN TO ALL OF THE
 RUTGERS COMMUNITY**

Register @ rec.rutgers.edu

The Zoom link to participate will be sent in the confirmation email. Registration is open August 24th–September 20th

**ALL CLASSES ARE
 INSTRUCTED BY CERTIFIED
 FITNESS PROFESSIONALS!**



RU STRENGTH:

Full-body resistance training workout led by a certified personal trainer. Light to medium weights and/or resistance band needed.

RU FIT-30:

Total body metabolic training workout providing both strength and cardio benefits. No equipment needed.

Both workouts are created by our fitness professionals, offering a new workout each week.