

Spring 25 Group Fitness

Hosted in Cage 202

MONDAY

Zumba - 12 PM
Glutes & Guts - 5 PM
Zumba - 7:30 PM

TUESDAY

Yoga - 11 AM
Pilates (Cage 204) - 12 PM
TRX - 6:30 PM
Zumba - 7:30 PM

WEDNESDAY

Zumba Toning - 12 PM
TRX - 5:30 PM
Indoor Cycling - 6:30 PM
Zumba - 7:30 PM

THURSDAY

Yoga - 11 AM
Hip Hop - 5:30 PM
Zumba - 7:30 PM