



# FALL FINALS 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Yoga 7:00 - 8:00am Sophie 250	Rhythmic Spin 7:15 - 8:00am Abigailgrace 260	Yoga 7:00 - 8:00am Sophie 250		
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM		30 Minute Spin 12:00 - 12:30pm Almarie 260			
12:30 PM	Yoga 12:30-1:30pm Shannon 250		Yoga 12:30-1:30pm Shannon 250		
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	Butts & Gutts 5:00 - 5:30pm Damiece 250	ABS 5:00 - 5:30pm Annie 250	Butts & Gutts 5:00 - 5:30pm Damiece 250		
5:30 PM	Fuego 5:30 - 6:30pm Anastasia 240	30 Minute Spin 5:30 - 6:00pm Almarie 260	Fuego 5:30 - 6:30pm Anastasia 240		
	30 Minute Spin 5:30 - 6:00pm Cara 260	Yoga 5:30 - 6:30pm Anastasia 250	30 Minute Spin 5:30 - 6:00pm Cara 260		
6:00 PM	Butts & Gutts 6:00 - 6:30pm Delaney 250	Interval Training 6:00 - 7:00pm Caitlin 240			
	Spin 6:00 - 6:45pm Hannah 260				
6:30 PM	Interval Training 6:30-7:30pm Emma 240				

Room 240
Room 250
Room 260



**ABS:** Focus on strengthening the core while utilizing various equipment.



**BUTTS N' GUTTS:** Uses a variety of lower body and core exercises to focus on strengthening the abdominals and glutes.



**FUEGO:** A non-stop dance mix of Latin and hip-hop. Shimmy, shake and sweat your way through an amazing workout.



H.I.I.T

**INTERVAL TRAINING:** This action packed class combines cardio and strength training intervals to increase speed, strength and endurance!



**RHYTHMIC SPIN:** Your fav spin class taught to the beat with arm and dance moves - it's a party on a bike!



**SPIN/30 MINUTE SPIN:** Enjoy riding to improve aerobic and muscular endurance. Squeeze a workout into your lunch break or between classes with 30 minute spin!



**YOGA:** Decrease stress levels using breathing techniques while performing a variety of poses to increase strength, flexibility and balance. All levels welcome!