



Spring '21 Class Schedule

Starting March 22nd - May 7th, schedule below.

Monday

ABS

5:00-5:30pm

Caitlin

Leg Day

5:30-6:00pm

Caitlin

Tuesday

Butts n' Guts

5:00-5:30pm

Yoseleen

Fuego

5:30-6:00pm

Yoseleen

Wednesday

ABS

5:00-5:30pm

Caitlin

Leg Day

5:30-6:00pm

Caitlin

Thursday

Butts n' Guts

5:00-5:30pm

Yoseleen

Fuego

5:30-6:00pm

Yoseleen

Class Descriptions

No equipment needed, all classes are 30 minutes and in Zoom- cameras optional!



ABS

Increase core and postural strength using just your body weight!



Fuego

Shake, shimmy and sweat your way through an awesome dance-cardio workout!



Butts n Guts

Use a variety of exercises to strengthen the lower body and abs



Leg day

Use a variety of lower body exercises to strengthen the legs and glutes

Links to Virtual GX classes
available on [Linktr.ee/thewrec](https://linktr.ee/thewrec) <<<



ASSOCIATED
STUDENTS | *csu, chico*