MON
5:00 - 5:45p - TRX | Tess
(Located in KTB)

6:00 - 6:45p - Spin | Paula
(Located in Spin Studio)

7:00 - 7:45p - Zumba | Amanda

TUES
5:15 - 6:00p - Insanity | Jenn

6:15 - 7:00p - Yoga | Shannon

WED
5:45 - 6:30p - Yoga | Claire

7:00 - 7:45p - Strength | Julia

THURS
5:15 - 6:00p - Zumba | Dexter

6:15 - 7:00p - Bootcamp | Bre

*No classes on July 4th

Purchase a pass online at gvsu.edu/rec/groupex

GRAND VALLEY STATE UNIVERSITY
SUMMER 2016
GROUP EXERCISE

Located in specified location
Located in Rec Center (Dance Studio)