

# campus recreation group exercise

|           | Time          | Class             | Instructor | Location                                     |
|-----------|---------------|-------------------|------------|----------------------------------------------|
| Monday    | 4:30 - 5:15pm | Intro to SPIN®    | Deb        | Spin Studio/Fieldhouse Lower Level           |
|           | 5:00 - 5:45pm | HIIT              | Tracey     | Fieldhouse Dance Studio                      |
|           | 5:00 - 5:45pm | Yoga Flow         | Kirsten    | Kelly Family Sports Center - Multipurpose Rm |
|           | 6:00 - 6:45pm | Body Bootcamp     | Tracey     | Fieldhouse Dance Studio                      |
|           | 6:00 - 6:45pm | Insanity®         | Natalie    | Kelly Family Sports Center - Multipurpose Rm |
|           | 6:30 - 7:15pm | Endurance SPIN®   | Erinn      | Spin Studio/Fieldhouse Lower Level           |
|           | 7:00 - 7:45pm | Zumba®            | Hillary D. | Fieldhouse Dance Studio                      |
|           | 7:00 - 7:45pm | PiYo LIVE®        | Natalie    | Kelly Family Sports Center - Multipurpose Rm |
|           | 7:30 - 8:15pm | Interval SPIN®    | Erinn      | Spin Studio/Fieldhouse Lower Level           |
|           | 8:00 - 8:45pm | Yoga + Meditation | Shannon    | Kelly Family Sports Center - Multipurpose Rm |
| Tuesday   | 9:00 - 9:45pm | Zumba             | Hannah     | Fieldhouse Dance Studio                      |
|           | 5:00 - 5:45pm | SPIN®             | Deb        | Spin Studio/Fieldhouse Lower Level           |
|           | 6:00 - 6:45pm | TRX®              | Lee        | Kelly Family Sports Center - Track           |
|           | 6:00 - 7:00pm | SPIN® + Yoga      | Ouen       | Spin Studio/Fieldhouse Lower Level           |
|           | 6:15 - 7:00pm | Yoga Flow         | Emma       | Kelly Family Sports Center - Multipurpose Rm |
|           | 7:00 - 7:45pm | TBT               | Carrie     | Fieldhouse Dance Studio                      |
|           | 7:15 - 8:00pm | Power Yoga        | Ouen       | Kelly Family Sports Center - Multipurpose Rm |
|           | 7:30 - 8:15pm | Strength SPIN®    | Maddy      | Spin Studio/Fieldhouse Lower Level           |
|           | 8:00 - 8:45pm | Insanity®         | Maddie     | Fieldhouse Dance Studio                      |
|           | 8:15 - 9:00pm | Yoga Flow         | Claire     | Kelly Family Sports Center - Multipurpose Rm |
| Wednesday | 5:00 - 5:45pm | Cardio + Core     | Lee        | Fieldhouse Dance Studio                      |
|           | 5:00 - 5:45pm | Restorative Yoga  | Emma       | Kelly Family Sports Center - Multipurpose Rm |
|           | 6:00 - 6:45pm | Fitness Fusion    | Lee        | Fieldhouse Dance Studio                      |
|           | 6:00 - 6:45pm | Ashtanga Vinyasa  | Claire     | Kelly Family Sports Center - Multipurpose Rm |
|           | 6:00 - 6:45pm | SPIN® + Sculpt    | Emily      | Spin Studio/Fieldhouse Lower Level           |
|           | 7:00 - 7:45pm | Power Yoga        | Tara       | Kelly Family Sports Center - Multipurpose Rm |
|           | 7:15 - 8:00pm | TRX®              | Emily      | Kelly Family Sports Center - Track           |
|           | 8:00 - 8:45pm | Zumba®            | Hannah     | Fieldhouse Dance Studio                      |
|           | 8:15 - 9:00pm | SPIN®             | Emily      | Spin Studio/Fieldhouse Lower Level           |
| Thursday  | 12:00-12:45pm | SPIN®             | Amy        | Spin Studio/Fieldhouse Lower Level           |
|           | 4:30 - 5:15pm | Strength SPIN®    | Maddy      | Spin Studio/Fieldhouse Lower Level           |
|           | 5:00 - 5:45pm | G3                | Carrie     | Fieldhouse Dance Studio                      |
|           | 5:00 - 5:45pm | Yoga Flow         | Tara       | Kelly Family Sports Center - Multipurpose Rm |
|           | 5:30 - 6:15pm | Interval SPIN®    | Erinn      | Spin Studio/Fieldhouse Lower Level           |
|           | 6:00 - 6:45pm | TurboKick®        | Hillary W. | Fieldhouse Dance Studio                      |
|           | 7:00 - 7:45pm | Zumba®            | Hillary W. | Fieldhouse Dance Studio                      |
|           | 7:00 - 7:45pm | Insanity®         | Maddie     | Kelly Family Sports Center - Multipurpose Rm |

buy your pass at: [www.gvsu.edu/rec/grouplex](http://www.gvsu.edu/rec/grouplex)  
classes run September 8 - November 21

\* Schedule is subject to change. Please check online at [www.gvsu.edu/rec](http://www.gvsu.edu/rec) for updated schedule.



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