

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

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

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

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

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

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

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

***No classes on July 4th**

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

GRAND VALLEY STATE UNIVERSITY

REC

June 27- July 28

**SUMMER 2016
GROUP
EXERCISE**


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