

4:15 - 5:00p -
TRX | Amy
(Located in KTB)

5:15 - 6:00p -
Tabata | Bre

6:15 - 7:00p -
Dance Cardio | Paula

7:15 - 8:00p -
G3 | Tess

***no classes on
Memorial Day (May 30th)**

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

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

7:00 - 8:00p -
Bootcamp | Megan
(Located in B30)

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

6:00 - 6:45p -
Yoga | Claire

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

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

6:15 - 7:00p -
TBT | Julia

7:00 - 8:00p -
Bootcamp | Megan
(Located in B30)

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

GRAND VALLEY STATE UNIVERSITY

REC

SPRING 2016

GROUP EXERCISE

 facebook.com/GVSURecreation

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 gvsu.edu/rec

 616-331-3659

 rec@gvsu.edu

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