

# SRWC Group Exercise Schedule

**Fall 2019**  
October 16 - December 5

**M**

**7:30-8:00AM**  
**HIIT FOD Class**  
Kameron K.

**6:15-7:00PM**  
**Yoga FOD Class**  
Sydney S.

**7:15-8:00PM**  
**Indoor Cycling**  
Kristen H.

**8:15-8:45PM**  
**Core FOD**  
Raul D.

**T**

**7:15-8:00AM**  
**HIIT Me With Your Best Shot!**  
Macy H.

**5:30-6:15PM**  
**Yoga**  
Madison T.

**7:30-8:00PM**  
**Cycle 30**  
Kristen H.

**W**

**7:30-8:00AM**  
**HIIT FOD Class**  
Kameron K.

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**Yoga FOD Class**  
Sydney S.

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Raul D.

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**7:15-8:00AM**  
**HIIT Me With Your Best Shot!**  
Macy H.

**5:30-6:15PM**  
**Yoga**  
Madison T.

**6:30-7:15PM**  
**Zumba FOD Class**  
Kinsey K.

**7:30-8:00PM**  
**Cycle 30**  
Kristen H.



# Cardio

## Cycle 30

Get your sweat In this 30 minute class . this class is geared towards all levels of cyclists. Enjoy lifts, climbs, and speed work as you cycle with a group.

## Indoor Cycling

Pedal over a variety of intensities to improve your cardio-vascular fitness, strength, and muscular endurance. This class is great for the beginner to the avid biker and will keep everyone engaged and excited with the different games and activities throughout the semester.

## Zumba FOD

Ditch the boring workout and join the party! Groove to the blend of Latin and international beats in this incredibly fun fitness-based dance class from our Fitness On Demand streaming service.

# Strength/Cardio

## HIIT Me With Your Best Shot!

Kick off your morning with Macy in a HIIT class! This full-body workout will help you challenge yourself with in-tense bursts of exercise. HIIT helps you improve your cardiovascular fitness, muscular strength, and endurance. HIIT can be scalable to any fitness level. Come by and check it out!

## HIIT FOD Class

This full-body workout will help you challenge yourself with bursts of exercise that can be scalable to any fitness level!

## Core FOD

This quick focused class will target your abs and full core in 30 minute using a variety of exercises to improve muscular strength and endurance.

# Mind/Body

## Yoga

Join our 45 minute yoga class that offers a lot of variety to meet you at your fitness level. Each week will incorporate stretching, strengthening, flexibility improvement, and stress relief. This class is great for beginners and continuing yoga participants.

## Yoga FOD Class

This yoga class focuses on the fundamentals of a fitness-based yoga class. The class moves at a pace that allows you to learn the postures, while getting a quality workout focused on strength, balance, and coordination.

