



SPRING 2018

SIGN UP ONLINE TODAY!
www.wvu.edu/campusrec

DEMO WEEK: April 7-15
Try any class for free!

\$45 UNLIMITED ACCESS
April 7 - June 10

FOR UPDATES VISIT:
www.wvu.edu/campusrec

MONDAY

7:00am VIKING FIT
With Josh in MAC Gym

1:00pm ZUMBA *Free!*
With Emma in 201b

4:30pm AQUA FITNESS
With Kaitlyn in Pool

5:00pm ALL LEVEL YOGA
With Jenni in 201b

5:00pm HIIT
With Allie in 222a

5:00pm VIKING FIT
With Josh in MAC Gym

6:00pm MIXXEDFIT
With Eleni in 201b

6:00pm SPIN & TONE
With Mitchell in 222a

7:00pm ZUMBA
With Alicia in 201b

7:00pm ALL LEVEL YOGA
With Isabella in 222a

8:00pm TURBOKICK
With Janine in 201b

TUESDAY

1:00pm MIXXEDFIT
With Caitlin in 201b

3:00pm CIRCUIT TRAINING
With TBA in Cardio West

4:00pm KICKBOXING
With Sol in 201b

4:00pm ALL LEVEL YOGA
With Hannah in 222a

5:00pm AB LAB
With Josh in 201b

5:00pm SPINNING
With Addison in 222a

6:00pm ALL LEVEL YOGA
With Chloe in 222a

6:00pm ZUMBA
With Caroline in 201b

7:00pm MIXXEDFIT
With Derek in 201b

7:00pm SPINNING
With Anastasia in 222a

8:00pm BARRE
With Emily in 222a

8:00pm TURBOKICK
With Lydia in 201b

WEDNESDAY

7:00am VIKING FIT
With Josh in MAC Gym

1:00pm ZUMBA *Free!*
With Emma in 201b

4:30pm AQUA FITNESS
With Kaitlyn in Pool

5:00pm ALL LEVEL YOGA
With Jenni in 201b

5:00pm HIIT
With Allie in 222a

5:00pm VIKING FIT
With Josh in MAC Gym

6:00pm MIXXEDFIT
With Eleni in 201b

6:00pm SPIN & TONE
With Mitchell in 222a

7:00pm ZUMBA
With Alicia in 201b

7:00pm ALL LEVEL YOGA
With Isabella in 222a

8:00pm TURBOKICK
With Janine in 201b

8:00pm BELLY DANCING
With Anyelle in 222a

THURSDAY

1:00pm MIXXEDFIT
With Caitlin in 201b

3:00pm CIRCUIT TRAINING
With TBA in Cardio West

4:00pm KICKBOXING
With Sol in 201b

4:00pm ALL LEVEL YOGA
With Hannah in 222a

5:00pm AB LAB
With Josh in 201b

5:00pm SPINNING
With Addison in 222a

6:00pm ALL LEVEL YOGA
With Chloe in 222a

6:00pm ZUMBA
With Caroline in 201b

7:00pm MIXXEDFIT
With Derek in 201b

7:00pm SPINNING
With Anastasia in 222a

8:00pm BARRE
With Emily in 222a

FRIDAY

7:00am VIKING FIT
With Josh in MAC Gym

5:00pm ZUMBA
With Ariana 201b

5:00pm VIKING FIT
With Josh in MAC Gym

SATURDAY

10:00am CLIMBFIT
With Jesse at Rock Wall

11:00am BARRE
With Emily in 222a

11:00am TURBOKICK
With Lydia in 201b

11:00am WOW *Free!*
With Allie in Weight Room

SUNDAY

4:00pm ALL LEVEL YOGA
With Emma in 201b

5:00pm ZUMBA
With Ariana in 201b

6:00pm SPINNING
With Addison in 222a

6:15pm BELLY DANCING
With Anyelle in 201b

FEATURED CLASSES

BARRE *NEW!*

A mix of elements from Pilates, dance, yoga and functional training, with choreographed moves to motivating music.

WOMEN ON WEIGHTS

You will feel empowered by the knowledge and skills acquired during this class. You'll learn your way around our Weight Room. We'll teach you the most effective and safest methods of weight training.

CLIMBFIT *NEW!*

Learn the fundamentals of rock climbing, build skills and fitness capacity to climb safer and more effectively.

KICKBOXING

You will develop skills in self defense and American Boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

CIRCUIT TRAINING *NEW!*

A focus on injury prevention. Using our Circuit Machine you will use strength training methods to get a great workout. Meet upstairs by bathrooms.

