<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30pm ALL LEVEL YOGA</td>
<td>4:30pm ALL LEVEL YOGA</td>
<td>4:30pm ALL LEVEL YOGA</td>
<td>5:30pm VIKING FIT</td>
<td>5:30pm VIKING FIT</td>
</tr>
<tr>
<td>With Jenika in 211b</td>
<td>With Jenika in 211b</td>
<td>With Jenika in 211b</td>
<td>With Guilia in MAC Gym</td>
<td>With Guilia in MAC Gym</td>
</tr>
<tr>
<td>4:30pm AB LAB</td>
<td>4:30pm AB LAB</td>
<td>5:00pm SPINNING</td>
<td>5:00pm SPINNING</td>
<td>5:30pm VIKING FIT</td>
</tr>
<tr>
<td>With Nathan in 222a</td>
<td>With Nathan in 222a</td>
<td>With Emily in 222a</td>
<td>With Emily in 222a</td>
<td>With Guilia in MAC Gym</td>
</tr>
<tr>
<td>5:30pm HIIT</td>
<td>5:00pm YIN YOGA</td>
<td>5:30pm SPINNING</td>
<td>5:00pm YIN YOGA</td>
<td>6:00pm POWER PUMP</td>
</tr>
<tr>
<td>With Aiden, Dom in 211b</td>
<td>With Ethan in 222a</td>
<td>With Ethan in 222a</td>
<td>With Anna Leesa in 211b</td>
<td>With Anna Leesa in 222a</td>
</tr>
<tr>
<td>5:30pm SPINNING</td>
<td>6:00pm POWER PUMP</td>
<td>5:30pm SPINNING</td>
<td>6:00pm POWER PUMP</td>
<td>6:00pm ZUMBA</td>
</tr>
<tr>
<td>With Anna Leesa in 211b</td>
<td>With Anna Leesa in 211b</td>
<td>With Guilia in 222a</td>
<td>With Anna Leesa in 222a</td>
<td>With Julia in 211b</td>
</tr>
<tr>
<td>6:00pm POWER PUMP</td>
<td>7:00pm MIXXEDFIT</td>
<td>6:30pm ZUMBA</td>
<td>7:00pm MIXXEDFIT</td>
<td>7:00pm MIXXEDFIT</td>
</tr>
<tr>
<td>With Ethan in 222a</td>
<td>With Meghan in 211b</td>
<td>With Julia in 211b</td>
<td>With Meghan in 211b</td>
<td>With Karina in 211b</td>
</tr>
<tr>
<td>7:00pm MIXXED FIT</td>
<td>With Meghan in 211b</td>
<td>7:00pm MIXXEDFIT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>With Karina in 211b</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CLASS DESCRIPTIONS**

**AB LAB**
Build strong stomach muscles by blasting those abdominals. Promotes healthy backs.

**ALL LEVEL YOGA**
Based on Hatha yoga, you’ll blend balance, strength, flexibility and power in a fitness format. For all Fitness levels.

**HIIT**
Fast and furious is this high intensity circuit-interval training class!

**SPINNING**
Exhilarating and rewarding exercise experience on a bike. Great music and inspiring instructors.

**VIKING FIT**
This is our Crossfit style format. There will be an emphasis on barbell exercises coupled with conditioning sessions.

**YIN YOGA**
Heal and restore your body through slow, meditative, and deep postural alignments.

**ZUMBA**
A fusion of international and Latin music, creates a dynamic, exciting, and effective fitness program. Dance fitness.

**POWER PUMP**
A barbell class that will stretch your comfort level. Muscle endurance, shaping, and toning.

**WOMEN ON WEIGHTS**
Improve your confidence in our weight room environment. We’ll teach you the most effective and safest methods for weight training.

**WOMEN ON WEIGHTS**
Improve your confidence in our weight room environment. We’ll teach you the most effective and safest methods for weight training.

**ALL LEVEL YOGA**
With Jenika in 211b

**AB LAB**
With Nathan in 222a

**HIIT**
With Aiden, Dom in 211b

**SPINNING**
With Ethan in 222a

**YIN YOGA**
With Emma in 201b

**ZUMBA**
With Julia in 211b

**POWER PUMP**
With Anna Leesa in 201b

**WOMEN ON WEIGHTS**
With Guilia in 201b

**WOMEN ON WEIGHTS**
With Guilia in Weight Room

**CLASS DESCRIPTIONS**

**AB LAB**
Build strong stomach muscles by blasting those abdominals. Promotes healthy backs.

**ALL LEVEL YOGA**
Based on Hatha yoga, you’ll blend balance, strength, flexibility and power in a fitness format. For all Fitness levels.

**HIIT**
Fast and furious is this high intensity circuit-interval training class!

**SPINNING**
Exhilarating and rewarding exercise experience on a bike. Great music and inspiring instructors.

**VIKING FIT**
This is our Crossfit style format. There will be an emphasis on barbell exercises coupled with conditioning sessions.

**YIN YOGA**
Heal and restore your body through slow, meditative, and deep postural alignments.

**ZUMBA**
A fusion of international and Latin music, creates a dynamic, exciting, and effective fitness program. Dance fitness.

**POWER PUMP**
Using barbells you will tone and shape your body into another level of fitness.

**WOMEN ON WEIGHTS**
Learn progressive strength training methods and workouts that will change each class. You will be pushed to achieve your best!