SPRING 2022

MONDAY

7:00a Ashtanga Yoga
Alexis in 222a
4:00p Ablab
Nathan in 222a
4:00p All Level Yoga
Janika in 201b
4:15p Aquafit
Sarah, Morgan in Pool
5:15p Swim Fitness
Sarah Morgan
5:15p Kickboxing
Marcus in 201b
5:15p Spin
Ethan in 222a
5:30p Viking Fit
Brandon Faith in MAC
6:30p Mixedfit
Karina in 201b
6:30p HIIT
Dominique in 222a
6:30p Yin Yoga
Emma in Conference rm

TUESDAY

5:00p Spin
Emily in 222a
5:00p All Level Yoga
Della in 201b
6:15p Power Pump
Anna Lees in 222a
6:15p Zumba
Julia in 201b
7:30p Self-defense
Jonathan in 222a

WEDNESDAY

7:00a Ashtanga Yoga
Alexis in 222a
4:00p Ablab
Nathan in 222a
4:00p All Level Yoga
Janika in 201b
4:15p Aquafit
Sarah, Morgan in Pool
5:15p Swim Fitness
Sarah Morgan
5:15p Kickboxing
Marcus in 201b
5:15p Spin
Ethan in 222a
5:30p Viking Fit
Giula, Faith in MAC
6:30p Mixedfit
Karina in 201b
6:30p HIIT
Dominique in 222a
6:30p Yin Yoga
Emma in Conference rm

THURSDAY

5:00p Spin
Emily in 222a
5:00p All Level Yoga
Della in 201b
6:15p Power Pump
Anna Lees in 222a
6:15p Zumba
Giula in 201b
7:30p Self-defense
Jonathan in 222a

FRIDAY

5:00p Zumba
Greta in 201b
5:30p Viking Fit
Giula, Brandon in MAC

SATURDAY

10:00a Barbell Strong
Justin, Brandon in MAC
11:00a WOW
Giula, Faith in WR

SUNDAY

5:30p Mixedfit
Megan in 201b

CLASS DESCRIPTIONS

AB LAB
Ab-solutely best class for abdominal work.

ALL LEVEL YOGA
Based on Hatha yoga, you'll blend balance, strength, flexibility, and power in a fitness format. For everyone.

HIIT
Fast and furious is this high intensity circuit and interval training class.

KICKBOXING
You will develop Self Defense abilities while improving fitness capacity. For everyone.

MIXEDFIT
This is a dance format, Hip Hop style class that is fun and all about the people. For everyone.

POWER PUMP
A barbell class that will stretch your fitness capacity. Muscle endurance, shaping, and toning. For everyone.

SPIN
Dynamic, intense, great music, and inspiring instructors that will have you desiring more.

VINGFIT
Formatted as a Crossfit style class with an emphasis on barbell conditioning.

WOW
Women identifying building community through sharing strength training experiences in Weight Room environment.

YIN YOGA
Back by demand, this yoga class will take away your stress.

ZUMBA
Combining international and Latin music to create a dynamic and exciting dance fitness experience.

BARBELL STRONG
Learn the fundamentals of Olympic Weight lifting. Technique focused.

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FEATURED CLASSES

AQUAFIT
Using resistance of water to strengthen and condition the body.

SWIM FOR FITNESS
With some swim experience you'll improve your performance in the pool by working on technique and speed.

ASHTANGA YOGA
Known for its controlled breathing, and postures improving strength, flexibility and fitness capacity.

YIN YOGA
Release all your tension with this slower style yoga by holding postures and mastering breath.

HIIT