TCNJ GROUP FITNESS

All Classes at the Rec Center in the Dance Studio Downstairs

MONDAY	9am - HIIT w/ Aaron 5pm - Boot Camp w/ Aaron 7pm - ZUMBA w/ Daniella
TUESDAY	9am- Yoga Flow w/ Doug 10am- Spin w/ Doug 4pm- Spin w/ Casey 5pm- 30-30 w/ Aaron
WEDNESDAY	4pm- Spin w/ Doug 5pm- Strong w/ Amanda
THURSDAY	9am- Cardio Boxing w/ Aaron 4pm- Just Strength w/ Aaron
FRIDAY	9am- Boot Camp w/ Aaron

THE COLLEGE OF NEW JERSEY
DEPARTMENT OF RECREATION AND WELLNESS

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