

Spring 2020 Group Fitness Schedule

Unlimited class membership: \$25 per semester

Visit <http://recreation.tcnj.edu/group-fitness/> or email coylet1@tcnj.edu for more info about classes or membership.

A WEEKEND CLASS SCHEDULE IS CREATED MONTHLY

ATLETO REFLECTS ANY & ALL CHANGES MADE TO THE SCHEDULE (cancelations, substitutions, weekend classes, etc)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
YOGA LeeAnn 8- 9 AM *start date 2/3	PiYo Emily A. 8:30 - 9:30 AM		PiYo Emily A. 8:30 - 9:30 AM	YOGA (IN TW) Ellen 9 - 10 AM	*FLEX CLASS Varies 10 - 11 AM
POP Pilates Dana 10 - 11 AM	ZUMBA Lana 9:30 - 10:30 AM	CYCLING (TW) Hannah H. 11 AM - 12 PM	ZUMBA Lana 9:30 - 10:30 AM	HULA HOOP DANCE (IN TW) Ellen 10 - 11 AM	*FLEX CLASS Varies 11 AM - 12 PM
BODY SCULPT Corinne 11 AM - 12 PM		YOGA Daniela 11 AM - 12 PM	POP Pilates Dana 10:30 - 11:30 AM	ZUMBA Lana 10 - 11 AM	
ZUMBA Lana 12:30 - 1:30 PM	ZENERGY Julia 4:30 - 5:30 PM	PUMP UP THE PULSE Corinne 1:30 - 2:30 PM		KICKBOXING (IN TW) Maria 11 AM - 12 PM	
CYCLING + LEGS AND BOOTY (IN TW) Lee 4:30 - 5:30 PM	KICKBOXING Maria 5:30 - 6:30 PM	BODY SCULPT Taylor 4 - 5 PM		CYCLING (TW) Hannah H. 11:30 AM - 12:30 PM	
BARRE Laura 5 - 6 PM	CYCLING + 15 MINS ABS (IN TW) Hannah W. 6 - 7 PM *start date 3/17	BARRE Laura 5 - 6 PM		ZENERGY Julia 2 - 3 PM	
ZENERGY Julia 6:30 - 7:30 PM	YOGA Daniela 6:30 - 7:30 PM	ZENERGY Julia 6 - 7 PM	CYCLING (IN TW) Lee 6 - 7 PM		
ABS & BOOTY Liz 7:30 - 8:30 PM	FULL BODY H.I.I.T Liz 7:30 - 8:30 PM	CYCLING (IN TW) Nina 6 - 7 PM *start date TBD	ZENERGY Julia 6 - 7 PM		