



GROUP FITNESS SCHEDULE

AUGUST 24TH TO OCTOBER 11TH, 2013

Schedule is subject to change without notice. Please visit www.esu.edu/recenter for the most accurate schedule.

Day	Activity	Time	Instructor	Room
MON	Warrior Cycling	6:30 am-7:15 am	Kacey	Rec B
	Cardio Tone	4:00 pm-5:00pm	Kaylee	Rec B
	Abs	4:30 pm-5:00 pm	Joe	MRC
	Pump It Up	5:00 pm-6:00 pm	Erin	MRC
	Core Cycle	5:45 pm-6:30 pm	Beca	Rec B
	Cardio Jam	6:00 pm-6:30 pm	Rachel	MRC
	Ab Circuit	6:30 pm-7:15 pm	Kaylee	MRC
	Body Pump™	6:30 pm-7:30 pm	Joe	Rec B
	Warrior Cycling	7:00 pm-7:45 pm	Allison	Rec B
	Turbo Kick®	7:15 pm-8:00 pm	Christie	MRC
Zumba®	8:00 pm-9:00 pm	Morgan&Tiffany	MRC	
TUES	Core & More	3:00 pm-3:30 pm	Beca	Rec B
	Abs	4:00 pm-4:30 pm	Erin	Rec B
	Warrior Cycling	4:00 pm-4:30 pm	Beca	Rec B
	Yoga	4:00 pm-5:00 pm	Jill	MRC
	Above the Belt	5:00 pm-5:30 pm	Joe	Rec B
	Turbo Kick®	5:00 pm-6:00 pm	Kacey	MRC
	Warrior Cycling	5:15 pm-6:00 pm	Kaylee	Rec B
	Below the Belt	5:30 pm-6:00 pm	Joe	Rec B
	Pilates	6:00 pm-6:45 pm	Katie	MRC
	Interval Blast	6:00 pm-6:45 pm	Rachel	Rec B
WED	Warrior Cycling	6:00 pm-7:00 pm	Christie	Rec B
	Zumba®	7:00 pm-8:00 pm	Morgan	MRC
	Body Pump™	7:00 pm-8:00 pm	Angie	Rec B
	Body Pump™	6:15 am-7:00 am	Blake	Rec B
	Warrior Cycling	2:45 pm-3:30 pm	Kaylee	Rec B
	Cardio Abs	4:00 pm-4:45 pm	Erin	MRC
	Kick-N-Sculpt	4:00 pm-4:45 pm	Kacey	Rec B
	Warrior Cycling	4:30 pm-5:15 pm	Allison	Rec B
	Yoga	4:45 pm-5:15 pm	Jill	Rec B
	Warrior Cycling	5:30 pm-6:15 pm	Kacey	Rec B
THURS	Bosu Boot Camp	5:45 pm-6:15 pm	Beca	MRC
	Arms & Abs	6:00 pm-6:30 pm	Angie	Rec B
	Step, Kick, Crunch	6:15 pm-7:00 pm	Morgan	MRC
	Butts-N-Gutts	7:00 pm-7:45 pm	Christie	Rec B
	Zumba®	7:00 pm-8:00 pm	Angie	MRC
	Pilates	6:15 am-7:00 am	Katie	Rec B
	Body Pump™	3:00 pm-4:00 pm	Angie	Rec B
	Kalorie Killer	4:00 pm-5:00 pm	Kaylee	MRC
	Cardio Tone	4:15 pm-5:15 pm	Joe	Rec B
	Warrior Cycling	4:30 pm-5:15 pm	Jill	Rec B
FRI	Bunz & Gunz	5:00 pm-6:00 pm	Morgan	MRC
	Abs	5:30 pm-6:00 pm	Christie	Rec B
	Interval Blast	6:00 pm-6:45 pm	Rachel	Rec B
	Step-N-Sculpt	6:00 pm-7:00 pm	Kacey	MRC
	Warrior Cycling	7:00 pm-7:45 pm	Allison	Rec B
	Barre Fusion	7:00 pm-8:00 pm	Katie	MRC
	Body Pump™	5:30 pm-6:30 pm	Blake	Rec B

Warrior Cycling

An Indoor cycling program offered at Rec B. The rides will be offered in the state of the art cycling studio at a small fee.

Ride Pass: \$3.00

This is a single ride pass. Participant purchasing this pass will receive a ticket for only the specific purchased ride.

Tour Pass : \$20.00

This is a semester long pass that enables a participant unlimited access to all rides, providing the participant arrives in time to receive a ticket for the intended ride.

Cycling Tips

- Bring a water bottle and a towel to the rides. These items are required to participate in a ride.
- All rides are a first come, first serve basis. Tickets will be administered 20 minutes prior to the ride start time.
- Cycling deats are only permitted in the cycling studio.
- Present Cycling Ticket. Tickets will be collected at the door prior to the ride. No admittance to participants without a ticket.

For questions, contact Jill Harper, Associate Director, at 570-422-2978.



ESU Rec:
Group
Fitness