



Spring Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	7:30-8:20 a.m. Yoga (HSC – Abell)	8:00-8:50 a.m. Mindful Yoga (CTR -124)	7:30-8:20 a.m. Yoga (HSC – Abell)	
12:00-12:45 p.m. Tai Chi (HSC– Abell)	12:00-1:00 p.m. Beginner Yoga (GHN)	12:00-12:45 p.m. Tai Chi (HSC– Abell)	12:00-1:00 p.m. Beginner Yoga (GHN)	
12:10-1:00 p.m. Yin Yang Yoga (GHN)	12:00-12:30 p.m. Fit in 30 (SAC – E106)	12:10-1:00 p.m. Yin Yang Yoga (GHN)	12:00-12:30 p.m. Fit in 30 (SAC – E106)	12:00-1:00 p.m. Latin Dance (HSC Fitness Center)
	12:00-12:45 p.m. Yoga (HSC – Abell)		12:00-12:45 p.m. Yoga (HSC – Abell)	12:00-1:00 p.m. MELT Mindfulness (GHN)
2:00-3:00 p.m. REFIT® (SAC - W118)			12:40-1:00 pm Chair Yoga (School of Dentistry - 367)	
5:30-6:30 p.m. PiYo (SAC – E106)		5:30-6:30 p.m. PiYo (SAC – E106)	5:30-6:30 p.m. Boot Camp (SAC – E106)	
5:30-6:30 p.m. Zumba® (School of Music LL05)		5:30-6:30 p.m. Zumba® (School of Music LL05)		

Class Locations

- **HSC Abell - 2nd floor lobby** - 323 E. Chestnut Street
- **CTR 124 - Clinical Translational Research Building** - 505 S. Hancock Street
- **School of Dentistry – Rm 367** – 501 S. Preston Street
- **HSC Fitness Center** - 481 E. Chestnut Street

- **GHN – Get Healthy Now** - 1980 Arthur Street
 - Located between First Build and the Human Resources Office. (Entrance is on the side of the building facing Brandeis Ave.)
- **SAC - Student Activity Center** - 2100 S. Floyd Street
- **School of Music** - 105 E. Brandeis Avenue

Group Fitness Class Descriptions (FREE!)

Beginner Yoga/Chair Yoga Pause from your busy life to recharge and revitalize at our quiet calming practice of body and breath awareness.

Bootcamp: High intensity interval training that incorporates strength, cardio, sport movements, CrossFit, and running.

Fit in 30! Power up your lunchtime routine with an energizing, whole body workout, including a variety of strength and cardio moves, all in just 30 minutes! Suitable for all levels.

Latin Dance: Laugh, dance and de-stress while learning basic Latin dances. All levels are welcome and no partner required.

MELT Mindfulness: The MELT Method® (MELT®) is a simple self-treatment designed to help you stay healthy, youthful, active, and reduce the effects of accumulated tension and stress caused by daily living.

Mindful Yoga: Calm the nervous system, increase the body-mind connection, and improve breathing.

PiYo: Combines the sculpting and core benefits of Pilates with the strength and flexibility benefits of Yoga.

REFIT®: Moves beyond the body into a life-changing experience. Refit believes the heart is both a muscle and a soul, and the impact of this targeted approach creates a deeper sense of connection, self-worth and lasting change.

Tai Chi: Discover the benefits of this ancient form of martial arts, which will improve balance, agility, strength, and coordination.

Yin/Yang Yoga: Bring an open mind and be prepared to enjoy an energizing and refreshing yoga experience – Yin yoga is slow and restorative; Yang Yoga is more powerful and challenging. Come prepared to do a mix of both!

Zumba®: The ultimate dance-fitness party! Enjoy Latin, hip-hop, and International music and get in a great workout while you learn dynamic and effective dance moves!