

VALDOSTA STATE UNIVERSITY CAMPUS RECREATION

GROUP FITNESS

SPRING '18 SCHEDULE

TIMES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6 AM				FIRST LIGHT CYCLE Emma	SUNRISE CYCLE Emma
8 AM			DAYBREAK B.L.T (BUTT LEGS & THIGHS) Laura	RESTORATIVE YOGA Deven	FLOOR CONDITIONING Laura
5 PM		POWER PEDAL Sarah		POWER PEDAL Sarah BODY BLAST Alexis	
6 PM		ARMS & ABS Sarah	HATHA YOGA Deven	FULL BODY SCULPT Sarah	WARRIOR SCULPT YOGA Deven
7 PM	MUSCLE CUT April	FULL BODY Kiana	CIRCUIT TRAINING Kiana ZUMBA April	CYCLE CIRCUIT Emma MUSCLE CUT April	TOTAL BODY PILATES Lauren ZUMBA April
8 PM		LOWER BODY Kiana	LOWER BODY Kiana	CORE PILATES Lauren	BED TIME UNWIND Lauren
9 PM	TAO MEDITATION Rachel		SLOW FLOW YOGA Rachel		SLOW FLOW YOGA Rachel

AEROBIC ROOM 1 / AEROBIC ROOM 2



TUESDAY

4:00PM - 5:00PM // AURIELLE

THURSDAY

4:00PM - 5:00PM // AURIELLE

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Group Fitness Classes Spring 2018 Schedule

Sunday

7 PM - Muscle Cut with April

9 PM – Tao Meditation with Rachel

Monday

5 PM – Power Pedal with Sarah

6 PM – Arms and Abs with Sarah

7 PM – Full Body with Kiana

Tuesday

8 AM – Daybreak B.L.T (Butt, legs and thighs) with Laura

6 PM – Hatha Yoga with Deven

7 PM – Circuit Training with Kiana (Aerobic Room 1)

Zumba with April (Aerobic Room 2)

8 PM – Lower Body with Kiana

9 PM – Slow Flow Yoga with Rachel

Wednesday

6 AM – First Light Cycle with Emma

8 AM – Restorative yoga with Deven

5 PM – Power Pedal with Sarah (Aerobic Room 1)

Body blast with Alexis (Aerobic Room 2)

6 PM – Full body sculpt with Sarah

7 PM – Cycle circuit with Emma (Aerobic Room 1)

Muscle Cut with April (Aerobic Room 2)

8 PM – Core Pilates with Lauren

Thursday

6 AM – Sunrise Cycle with Emma

8 AM – Floor Conditioning with Laura

6 PM – Warrior sculpt yoga with Deven

7 PM – Total Body Pilates with Lauren (Aerobic Room 1)

Zumba with April (Aerobic Room 2)

8 PM – Bedtime unwind with Lauren

9 PM – Slow Flow Yoga with Rachel

Workout of the day

Tuesdays and Thursdays from 4 PM to 5 PM with Aurielle