

TROY CAMPUS REC

GROUP FITNESS SCHEDULE

MONDAY

3PM: HIIT CIRCUIT - LIZA
4PM: SPIN PARTY - MARKCUS
4PM: BARRE - KENDALL
5PM: STEP AEROBICS - CYNTHIA
5PM YOGA - RILEY @IAC

TUESDAY

8AM: SPIN PARTY - MARKCUS
3PM: PILATES - LIZA
4PM: BODY PUMP - LANDRY
5PM: YOGA - RILEY

WEDNESDAY

8AM: YOGA - RILEY
9AM: BARRE/PILATES - KENDALL
3PM: HIIT CIRCUIT - LIZA
4PM: SPIN PARTY- MARKCUS
4PM: BARRE - LIZA
5PM: STEP AEROBICS - CYNTHIA

THURSDAY

8AM: SPIN PARTY - MARKCUS
3PM: PILATES - LIZA
4PM: BODY PUMP - LANDRY
5PM: YOGA - RILEY



TROYCAMPUSREC@TROY.EDU



334-670-3193



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