

TROY CAMPUS REC

GROUP FITNESS SCHEDULE

MONDAY

8AM: YOGA W / RILEY
4:30PM: SPIN PARTY W/ MARKCUS
5PM: DANCE FITNESS W/LAIKEN
6PM: BODY PUMP W/CYNTHIA

TUESDAY

7:30AM: SPIN PARTY W/MARKCUS
8AM BODYPUMP W/ LANDRY
5PM: YOGA W/ RILEY
6PM: BODYPUMP W/LANDRY

WEDNESDAY

8AM: YOGA W/RILEY
4:30PM: SPIN PARTY W/MARKCUS
5PM: DANCE FITNESS W/ LAIKEN
6PM: BODYPUMP W/ CYNTHIA

THURSDAY

8AM: BODYPUMP W/LANDRY
4:30PM: SPIN PARTY W/ MARKCUS
5PM: YOGA W/RILEY
6PM: BODYPUMP W/LANDRY

RELAX



TROYCAMPUSREC@TROY.EDU



334-670-3193



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