

SPRING 2024 GROUP FITNESS SCHEDULE

SCHEDULE: JAN. 8 - APRIL 23

SEMESTER PRICE: \$49

REGISTRATION REQUIRED, INFORMATION BELOW

New Low Price!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Limits Conditioning 6:45-7:30 AM Michael Studio B	Zumba 11-11:45 AM Dana Studio C	No Limits Conditioning 6:45-7:30 AM Michael Studio B	Meditation 11:15-11:45 AM Teesha Studio A	PIIT 10-10:35 AM Ariana Studio C	Yoga Flow 9-9:45 AM Niki Reflection Space*
Outdoor Boot Camp 11:15 AM-12 PM Becky LCC	Interval Training 11:15 AM-12 PM Becky Studio B	Outdoor Boot Camp 11:15 AM-12 PM Becky LCC	Interval Training 11:15-12 PM Becky Studio B	Sport Athletic Training 12-12:45 PM Saidah Studio B	*Reflection Space is located on the 2nd floor of the John Lewis Student Center
Yoga Flow 11:45 AM-12:30 PM Nancy Studio A	Lift 12-12:45 PM Saidah Studio C	Zumba 11:30 AM-12:15 PM Dana Studio C	Core & More 12-12:45 PM Saidah Studio C		
Indoor Cycling 4:30-5:15 PM Stephanie Cycling Studio	Indoor Cycling 4-4:45 PM Ariana Cycling Studio	Pilates 12:30-1:15 PM Dana Studio C	Indoor Cycling 4-4:45 PM Ariana Cycling Studio		
HIIT 6-6:45 PM Ryan Studio C	Yoga Flow 5-5:45 PM Nancy Studio A	Boot Camp 5-5:45 PM Dana Studio B	Zumba 5-5:45 PM Dana Studio C		
Pop Pilates 6:30-7:15 PM Ariana Studio A	Body Tone & Abs 5-5:45 PM Dana Studio C	Cycle 5:45-6:30 PM Eric Cycling Studio	Pound 6-6:45 PM Dana Studio A		
	Yoga Flow 6-6:45 PM Nancy Studio A	Body Tone & Abs 6-6:45 PM Dana Studio C			
	Boot Camp 6-6:45 PM Dana Studio B	Yoga Flow 7:45-8:30 PM Niki Studio A			

Class Types

Strength

Cardio

Combo

Mind-Body



REGISTER ONLINE AND LOOK FOR UP-TO-DATE EVENTS BY SCANNING THE QR CODE

*After Free Week, January 8-14, participation in classes requires a CRC membership and a Group Fitness pass.

Use QR code to register. Pre registration is recommended. Space is limited.

*For safety, no one will be admitted into any fitness class after the first 10 minutes (5 minutes for 30-minute class)–NO EXCEPTIONS.

*No classes Jan. 15, March 7-10, March 18-24. Instructors, class formats and class locations subject to change.

*Classes may be canceled due to low attendance.

*Please visit <https://crc.gatech.edu/fitness/fitness-classes> for the most up to date schedule.

*Group Fitness passes are non-refundable or transferable.



Campus
Recreation