

# FINALS SPRING 2024

# GROUP FITNESS SCHEDULE

SCHEDULE: APRIL 24-APRIL 30

FREE TO ALL CAMPUS RECREATION MEMBERS

REGISTRATION REQUESTED, INFORMATION BELOW

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

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.

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

