**Spring 2022 Group Fitness**

**Monday**
- **7:00 - 7:45 am** WOD w/ Fred (Mac Court)
- **7:00 - 7:45 pm** FOD & Pop up Classes (HPC 367)
- **8:00 - 8:45 pm** HIGH Fit w/ Melissa (HPC 367)
- **9:00 - 9:45 pm** FOD & Pop up Classes (HPC 367)

**Tuesday**
- **6:10 - 6:55 am** WOD w/ Fred (Mac Court)
- **6:10 - 6:55 am** Paddle Board Core Yoga w/ Tamra (Pool)
- **8:00 - 8:45 pm** HIGH Fitness w/ Emily (HPC 367)
- **9:00 - 9:45 pm** Advanced Swing w/ Brooke + Josh (HPC 354)

**Wednesday**
- **6:05 - 6:30 am** 20 minute Spin w/ Chelsea (Spin Area)
- **6:35 - 7:00 am** Focused 15 w/ Chelsea (Spin Area & Track)
- **7:00 - 7:45 am** WOD w/ Fred (MAC Court)
- **7:00 - 7:45 pm** Slow Flow Yoga w/ Shauna (HPC 367)
- **7:00 - 7:45 pm** Rock Climbing w/ Mac (Rock Wall)
- **8:00 - 8:45 pm** Rock Climbing w/ Jonathan (Rock Wall)
- **12:00 - 12:25 pm** 20 minute HIIT w/ MAC (HPC 366)
- **12:30 - 1:00 pm** 30 minute Stretch w/ MAC (HPC 366)
- **4:00 - 4:45 pm** HIGH Fitness w/ Stacy (HPC 354)
- **5:10 - 5:55 pm** Butts & Gutts w/ Terryn (HPC 367)
- **6:00 - 6:45 pm** Group Swim w/ Jazmin (Pool)
- **7:00 - 7:45 pm** Spin w/ DeAnna (Spin Area)
- **7:15 - 7:45 pm** Line Dancing w/ Josh (HPC 354)
- **8:00 - 8:45 pm** UJAM & Hip Hop w/ Pamela (HPC 367)
- **8:00 - 8:45 pm** Swing w/ Brooke + Josh (HPC 354)
- **9:00 - 9:45 pm** Advanced Swing w/ Brooke + Josh (HPC 354)

**Thursday**
- **6:10 - 6:55 am** WOD w/ Fred (Mac Court)
- **6:10 - 6:55 am** Paddle Board Core Yoga w/ Tamra (Pool)
- **8:00 - 8:45 pm** HIGH Fitness w/ Emily (HPC 367)

**Schedule Begins January 24th & Ends April 15th, 2022**

**No Classes During Spring Break**