SWEAT THE STRESS

GROUP FITNESS SCHEDULE

All Classes FREE December 1-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit 6:45-7:30 a.m. MP2	Abs for Lunch 12:15-12:45 p.m. MP2	PiYo 7:00-8:00 a.m. MP2	Cycle Fit 7:00-7:45 a.m. MP2	PiYo 3:30-4:30 p.m. MP2	Zumba 11:00-11:45 a.m. MP1	Yoga 4:45-5:45 p.m. MP2
TRX/HardCORE 12:15-12:45 p.m. RB1	PiYo 4:30-5:30 p.m. MP1	Zumba 4:00-4:45 p.m. MP1	Zumba 5:00-6:00 p.m. MP1	Total Body Toning 4:45-5:15 p.m. MP2		
Kat Fit 5:15-6:00 p.m. RB1	Cardio Kickboxing 5:45-6:30 p.m. MP1	Cycle Fit 5:15-6:00 p.m. MP2	Total Body Toning 5:15-6:00 p.m. MP2			
Zumba 5:30-6:15 p.m. MP1	TRX Body Sculpt 6:00-6:45 p.m. RB1	KatFit 5:30-6:15 p.m. RB1	PiYo 6:15-7:15 p.m. MP2			
Cycle Fit 5:45-6:30 p.m. MP2	Zumba 6:45-7:30 p.m. MP1	Yoga Relaxation 8:00-9:00 p.m. MP2				
HardCORE 6:20-6:40 p.m. MP1	Yoga Relaxation 7:45-8:45 p.m. MP2					
Yoga 7:45-8:45 p.m. MP2						

- Cardio
- Flexibility
- Core
- Strength

Semester Pass:
Student: $45 ($35 until January 25)
Non-Student: $55 ($45 until January 25)

Single Class Pass:
Student: $3
Non-Student: $4

Semester Passes may be purchased online at www.shsu.edu/fitness or in RSC 162.