



























SUNSHINE



THE STRIDES

GROUP FITNESS SCHEDULE

All Classes FREE April 25-May 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PiYo 7-7:45 a.m. MP2 	Kat Fit 7-7:45 a.m. RB1 	Cycle Fit 7-7:45 a.m. MP2 	Turbo Kick 4-4:45 p.m. MP1 	Cycle Toning 4:30-5:15 p.m. MP2 	Zumba Noon-12:45 p.m. MP2 	Total Body Toning 4-4:45 p.m. MP2 
TRX Body Sculpt 4:30-5:15 p.m. RB1 	Cycle Fit 4-4:45 p.m. MP2 	Zumba 4-4:45 p.m. MP1 	Yoga 4:30-5:30 p.m. MP2 			Yoga 5-6 p.m. MP2 
Zumba 4:30-5:15 p.m. MP1 	Kettlebells 5-5:45 p.m. MP2 	Cycle Toning 4:45-5:30 p.m. MP2 	PiYo 6-6:45 p.m. MP1 			
Kat Fit 5:30-6:15 p.m. RB1 	TRX Body Sculpt 5:15-6 p.m. RB1 	Insanity 6-6:30 p.m. MP1 				
Cycle Toning 5-5:45 p.m. MP2 	Zumba 5:30-6:15 p.m. MP1 	Kat Fit 6-6:45 p.m. RB1 				
Insanity 6-6:30 p.m. MP1 	Turbo Kick 6:30-7:15 p.m. MP1 					
Yoga 7:15-8 p.m. MP2 						

-  Cardio
-  Flexibility
-  Core
-  Strength

Summer passes on sale soon!
They may be purchased online at shsu.edu/fitness or in RSC 162.

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

Summer Class Pass:
Student: \$25
Non-Student: \$35