

SPRING FITNESS SCHEDULE

YOGA

MON 7:45 - 8:30 pm **MP1**
WED 7 - 7:45 pm **MP2**
THU 4:15 - 5 pm **ZOOM**
FRI 1:15 - 2 pm **MP1**

PILATES

MON 7 - 7:45 pm **MP2**
THU 5:30 - 6:15 pm **MP2**

PILATES YOGA FUSION

TUE 7:30 - 8:15 pm **MP1**

TOTAL BODY TONING

TUE 5:15 - 6 pm **MP2**
THU 6:45 - 7:30 pm **MP2**

CYCLE

MON 5:15 - 6 pm **MP1**
WED 6:30 - 7:15 pm **MP1**
THU 5:15 - 6 pm **MP1**

BARRE TONING

MON 6:30 - 7:15 pm **MP1**
TUE 4 - 4:45 pm **ZOOM**
FRI 12:15 - 1 pm **ZOOM**

ZUMBA

TUE 5 - 5:45 pm **MP1**
WED 7:45 - 8:30 pm **MP1**
FRI 12 - 12:45 pm **MP1**

HARD CORE

MON 4:15 - 4:45 pm **ZOOM**
TUE 6:15 - 6:45 pm **MP1**
WED 4 - 4:30 pm **ZOOM**
WED 6:15 - 6:45 pm **MP2**

10 ROUNDS

WED 5:15 - 6 pm **MP1**
THU 7:45 - 8:30 pm **MP1**

All in person and virtual Group X classes require a reservation. Reserve your spot through the SHSU Res Sports app or website. Space is limited.

January 11 - May 12

Registration opens 7 days prior to the first day of classes

**FREE FOR THE
SPRING SEMESTER**



Scan using your phone for more information!

FITNESS 2021



RECREATIONAL SPORTS
SAM HOUSTON STATE UNIVERSITY

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