FITNESS 2020

FALL FITNESS SCHEDULE

BARRE TONING

TUE *7 - 7:45 pm* ZOOM
WED *7:15 - 8 pm* ZOOM
THU *6:30 - 7:15 pm* MP2

10 ROUNDS

MON *5:30 - 6:15 pm* ZOOM
TUE *5:15 - 6 pm* MP1
WED *5:30 - 6:15 pm* MP1

TOTAL BODY TONING

MON *5 - 5:45 pm* MP1

SMALL GROUP TRAINING

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

CYCLE

MON *6:30 - 7:15 pm* COURT 1
TUE *6:45 - 7:30 pm* COURT 1
THU *6:45 - 7:30 pm* COURT 1
FRI *1:15 - 2 pm* COURT 1

YOGA

MON *7:45 - 8:30 pm* ZOOM
WED *7:30 - 8:15 pm* MP1
FRI *12 - 12:45 pm* ZOOM

PILATES

TUE *4:15 - 5 pm* ZOOM
WED *5 - 5:45 pm* ZOOM
THU *5:15 - 6 pm* MP1

HARDCORE

THU *4:15 - 4:45 pm* ZOOM

August 17-November 20

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

Registration opens 7 days prior to the start of class

You will receive a confirmation email with a Zoom link after reserving your spot.

FREE FOR THE FALL SEMESTER

RECREATIONAL SPORTS
SAM HOUSTON STATE UNIVERSITY

RecSports.shsu.edu • **Jump in. Play Hard.**

APPROVED FOR POSTING STUDENT ACTIVITIES FALL 2020