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