

FREE CLASSES for Sweat the Stress (5/1-5/5)

All Group Fitness classes are FREE!

FREE 10 minute chair massage: 5/1-5/4, 4:00-7:00pm, at the Chinook & SRC locations

Monday, May 1 (SRC hours 5:30AM-11:30PM, Chinook Student Center hours 12:00AM-11:59PM)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
Barre, Evening	6:00-6:50PM	SRC 256	Jenn
Barre, Late Evening	7:00-7:50PM	DU 101A	Tara
BodyPump Noon	12:00-12:50PM	Smith 215	Haley
BodyPump, Early Evening	5:30-6:30PM	Chinook 30	Bri
CrossFit	6:30-7:30AM	Chinook B40	TBD
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
CrossFit	5:15-6:15PM	Chinook B40	TBD
CrossFit	7:00-8:00PM	Chinook B40	TBD
HIIT ROW	7:45-8:15AM	Chinook 20	Kyle
Kettlebell Bootcamp	6:00-6:50AM	SRC 245	Kate
Kettlebell Express	6:40-7:10PM	SRC 245	Karly
Kickboxing	6:45-7:45PM	Chinook 30	Jillian
Modern Dance	6:10-7:10PM	Chinook 20	McKayla
PGB, Morning	7:10-8:10AM	SRC 245	Jessica B & Melissa
PGB, Late Evening	7:20-8:25PM	SRC 245	Jessica B & Melissa
Spin, Sunrise	6:30-7:20AM	SRC 252	Heather
Spin HIIT, Early Evening	5:00-5:30PM	SRC 252	Heather
Spin, Endurance Blacklight	6:30-7:30PM	SRC 252	Angela
Spin, Intro Ride	7:45-8:20PM	SRC 252	Denali
Spin Night Ride	8:30-9:20PM	SRC 252	Amy
TRX, Early Evening	5:00-5:00PM	SRC 245	Joanne
Zumba, Early Evening	5:30-6:20PM	Smith 115	Kate B
Zumba, Late Night	8:10-9:00PM	SRC 256	Mariana
Tuesday, May 2 (SRC hours 5:30AM-11:30PM, Chinook Student Center hours 12:00AM-11:59PM)			
Barre, Early Evening	5:00-5:50PM	SRC 256	Krissy
BodyPump, Early Evening	5:30-6:30PM	Chinook 30	Denali
BodyPump, Evening Express	7:10-8:00PM	SRC 256	Heather
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
CrossFit	5:15-6:15PM	Chinook B40	TBD
Gravity	7:10-8:00PM	SRC 252	Angela
Insanity	6:10-7:00PM	SRC 256	Jenn
Kettlebell Sunrise	6:00-6:50AM	SRC 245	Karly
Kickboxing	7:10-8:00PM	SRC 245	Jenn
PGB	4:00-5:00PM	SRC 245	Jessica B & Melissa
Pilates, Morning	7:00-7:50AM	DU 101 A	Tara
Pole Fit	8:00-9:00PM	Chinook 30	Alexa
Spin, Sunrise	6:00-6:50AM	SRC 252	Bri
Spin, Morning Ride	7:00-7:00AM	SRC 252	Leah
Spin, Evening	6:10-7:00PM	SRC 252	Angie
Step and Core	12:00-1:00PM	Smith 215	Megan
TRX Turbo	12:10-12:50PM	SRC 245	Jonathan
WodAsana (CrossFit & Yoga)	6:30-7:45AM	Chinook B40	Joanne
Yoga Core @ 90	12:10-1:00PM	Chinook 22	Joanne
Yoga Noon Gentle	12:05-1:00PM	Smith 115	Deb
Yoga Power	8:10-9:10PM	SRC 256	Angela
Zumba, Evening	7:00-7:50PM	Chinook 20	Kat
Zumba, Late Evening	7:10-8:00PM	DU 101A	Sung
Zumba, Late Night	8:10-9:00PM	DU 101A	Kate B



Wednesday, May 3 (SRC hours 5:30AM-11:30PM, Chinook Student Center hours 12:00AM-11:59PM)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
Barre, Evening	6:00-6:50PM	SRC 256	Jenn
Barre, Late Evening	7:00-7:50PM	DU 101A	Tara
BodyPump Noon	12:00-12:50PM	Smith 215	Haley W
BodyPump, Early Evening	5:30-6:30PM	Chinook 30	Bri
CrossFit	6:30-7:30AM	Chinook B40	TBD
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
CrossFit	5:15-6:15PM	Chinook B40	TBD
CrossFit	7:00-8:00PM	Chinook B40	TBD
Kettlebell Bootcamp	6:00-6:50AM	SRC 245	Kate
Kettlebell Express	6:40-7:10PM	SRC 245	Karly
Kickboxing	6:45-7:45PM	Chinook 30	Jillian
Modern Dance	6:10-7:10PM	Chinook 20	McKayla
PGB, Morning	7:10-8:10AM	SRC 245	Jessica B & Melissa
PGB, Late Evening	7:20-8:25PM	SRC 245	Jessica B & Melissa
Spin, Sunrise	6:30-7:20AM	SRC 252	Heather
Spin HIIT, Early Evening	5:00-5:30PM	SRC 252	Heather
Spin, Endurance Blacklight	6:30-7:30PM	SRC 252	Angela
Spin, Intro Ride	7:45-8:20PM	SRC 252	Denali
Spin Night Ride	8:30-9:20PM	SRC 252	Amy
TRX, Early Evening	5:00-5:00PM	SRC 245	Joanne
Zumba, Early Evening	5:30-6:20PM	Smith 115	Kate B
Zumba, Late Night	8:10-9:00PM	SRC 256	Mariana
Thursday, May 4 (SRC hours 5:30AM-11:30PM, Chinook Student Center hours 12:00AM-11:59PM)			
Barre, Early Evening	5:00-5:50PM	SRC 256	Krissy
BodyPump, Early Evening	5:30-6:30PM	Chinook 30	Denali
BodyPump, Evening Express	7:10-8:00PM	SRC 256	Heather
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
CrossFit	5:15-6:15PM	Chinook B40	TBD
Gravity	7:10-8:00PM	SRC 252	Angela
Insanity	6:10-7:00PM	SRC 256	Jenn
Kettlebell Sunrise	6:00-6:50AM	SRC 245	Karly
Kickboxing	7:10-8:00PM	SRC 245	Jenn
PGB	4:00-5:00PM	SRC 245	Jessica B & Melissa
Pilates, Morning	7:00-7:50AM	DU 101 A	Tara
Pole Fit	8:00-9:00PM	Chinook 30	Alexa
Spin, Sunrise	6:00-6:50AM	SRC 252	Bri
Spin, Morning Ride	7:00-7:00AM	SRC 252	Leah
Spin, Evening	6:10-7:00PM	SRC 252	Angie
Step and Core	12:00-1:00PM	Smith 215	Megan
TRX Turbo	12:10-12:50PM	SRC 245	Jonathan
WodAsana (CrossFit & Yoga)	6:30-7:45AM	Chinook B40	Joanne
Yoga Core @ 90	12:10-1:00PM	Chinook 22	Joanne
Yoga Noon Gentle	12:05-1:00PM	Smith 115	Deb
Yoga Power	8:10-9:10PM	SRC 256	Angela
Zumba, Evening	7:00-7:50PM	Chinook 20	Kat
Zumba, Late Evening	7:10-8:00PM	DU 101A	Sung
Zumba, Late Night	8:10-9:00PM	DU 101A	Kate B
Friday, May 5 (SRC hours 5:30AM-9:00PM Chinook Student Center hours 12:00AM-9:00PM)			
Aqua Zumba	12:00-12:50PM	Gibb Pool	Rob
Blacklight Ride	6:00-6:50PM	SRC 252	Haley
BodyPump Noon	12:00-12:50PM	Smith 215	Haley
CrossFit	6:30-7:30AM	Chinook B40	TBD
CrossFit	11:30AM-12:30PM	Chinook B40	TBD
CrossFit	5:15-6:15PM	Chinook B40	TBD
Pole Fit	7:00-8:00PM	Chinook 30	Alexa
Spin Sunrise	6:30-7:20AM	SRC 252	Jenn
Yoga, Happy Hour	5:15-6:15PM	Chinook 22	Victoria

