# GROUP FITNESS SCHEDULE

**FALL 2020 SEMESTER (10/26 THROUGH 11/14)**

**REGISTER NOW ON THE OLEMISSCR APP**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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**FIT PASS OPTIONS**

- **STUDENTS**
  - $20 SEMESTER PASS
  - $5 ONE TIME PASS

- **CR MEMBERS**
  - $20 SEMESTER PASS

**CLASS INFORMATION**

- EXPRESS FORMATS ARE 30 MINUTES, OTHER FORMATS ARE 45 MINUTES
- PARTICIPANTS SHOULD BRING THEIR OWN FITNESS/YOGA MATS
- REGISTRATION OPENS THE DAY BEFORE AND WILL REMAIN OPEN UNTIL THE TIME OF THE CLASS OR THE CLASS IS FULL.
- GROUP FITNESS CLASSES WILL NOT BE AVAILABLE ON HOME FOOTBALL SATURDAYS.

- #BE BETTER
- CR MEMBERS $20 SEMESTER PASS
- STUDENTS $20 SEMESTER PASS
# RebelsWell Fit Schedule

## Fall 2020 Semester (10/26 through 11/14)

Register now on the OleMissCR app.

### Monday
- **7:50 AM**
  - Pilates
  - SCRC Outdoor Turf
- **11:10 AM**
  - Express Hiit
  - TC Court 3
- **12:10 PM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **4:40 PM**
  - Cycle
  - TC Court 3
- **5:00 PM**
  - Pilates
  - Virtual
- **7:00 PM**
  - Express Hiit
  - SCRC Indoor MAC

### Tuesday
- **6:25 AM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **7:50 AM**
  - Express Hiit
  - SCRC Indoor MAC
- **12:10 PM**
  - Express Cycle
  - TC Court 3
- **4:40 PM**
  - Glute Camp
  - SCRC Indoor MAC
- **6:10 PM**
  - Power Yoga
  - SCRC Outdoor Turf
- **7:10 PM**
  - Cardio Kickboxing
  - SCRC Front Patio
- **7:00 PM**
  - Pilates
  - SCRC Outdoor Turf
- **8:00 PM**
  - Express Hiit
  - SCRC Indoor MAC

### Wednesday
- **7:50 AM**
  - Glute Camp
  - SCRC Outdoor Turf
- **11:10 AM**
  - Yoga Flow<br>  - SCRC Outdoor Turf
- **12:10 PM**
  - Express Hiit
  - TC Court 3
- **4:40 PM**
  - Total Body
  - SCRC Indoor MAC
- **6:10 PM**
  - Barre
  - SCRC Indoor MAC
- **7:00 PM**
  - Total Body
  - SCRC Outdoor Turf

### Thursday
- **6:25 AM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **7:50 AM**
  - Yoga Flow<br>  - SCRC Outdoor Turf
- **11:10 AM**
  - Total Body<br>  - SCRC Indoor MAC
- **12:10 PM**
  - Express Hiit<br>  - SCRC Outdoor Turf
- **4:40 PM**
  - Cycle<br>  - TC Court 3
- **5:30 PM**
  - Barre<br>  - SCRC Indoor MAC
- **7:00 PM**
  - Express Hiit<br>  - SCRC Indoor MAC

### Friday
- **1:00 PM**
  - Express Cycle<br>  - TC Court 3
- **10:40 PM**
  - Express Hiit<br>  - SCRC Outdoor Turf
- **12:10 PM**
  - Express Hiit<br>  - SCRC Outdoor Turf

### Saturday
- **10:40 PM**
  - Express Hiit<br>  - SCRC Outdoor Turf
- **5:30 PM**
  - Express Core<br>  - SCRC Indoor MAC

### Sunday
- **2:00 PM**
  - Cycle<br>  - TC Court 3
- **4:00 PM**
  - Barre<br>  - SCRC Indoor MAC

### RebelWell Fit Pass Options
- **Faculty/Staff (Non CR Members)**
  - $15 Semester Pass
- **CR Members**
  - Included in Membership Fee

### Class Information
- Express formats are 30 minutes, other formats are 45 minutes.
- Participants should bring their own fitness/yoga mats.

Registration opens the day before and will remain open until the time of the class or the class is full. For class descriptions and policies go to [CampusRec.Olemiss.edu/Fitness/RebelWell-Group-Fitness/](CampusRec.Olemiss.edu/Fitness/RebelWell-Group-Fitness/).