

MAY INTERSESSION 2021 (5/3 THROUGH 5/31)

GROUP FITNESS SCHEDULE

REGISTER NOW ON THE OLEMISSCR APP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
May 3-6	12:30 PM CYCLE & ABS TC COURT 3	12:30 PM CYCLE TC COURT 3	12:30 PM TOTAL LEGS TC STUDIO 305	12:30 PM TOTAL ARMS TC STUDIO 305
	5:30 PM TOTAL LEGS SCRC STUDIO 209	5:30 PM POWER YOGA SCRC STUDIO 210	5:30 PM TOTAL ARMS SCRC STUDIO 209	5:30 PM EXP HIIT SCRC STUDIO 209
May 10-13	12:30 PM EXP HIIT TC STUDIO 305	12:30 PM TOTAL BODY TC STUDIO 305	12:30 PM TOTAL LEGS TC STUDIO 305	12:30 PM TOTAL ARMS TC STUDIO 305
	5:30 PM TOTAL LEGS SCRC STUDIO 209	5:30 PM POWER YOGA SCRC STUDIO 210	5:30 PM TOTAL ARMS SCRC STUDIO 209	5:30 PM CYCLE SCRC STUDIO 208
May 17-20	12:30 PM CYCLE & ABS TC COURT 3	12:30 PM CYCLE TC COURT 3	12:30 PM TOTAL LEGS TC STUDIO 305	12:30 PM TOTAL ARMS TC STUDIO 305
	5:30 PM TOTAL LEGS SCRC STUDIO 209	5:30 PM POWER YOGA SCRC STUDIO 210	5:30 PM TOTAL ARMS SCRC STUDIO 209	5:30 PM CYCLE SCRC STUDIO 208
May 24-27	12:30 PM EXP HIIT TC COURT 3	12:30 PM CYCLE TC COURT 3	12:30 PM TOTAL LEGS TC STUDIO 305	12:30 PM TOTAL ARMS TC STUDIO 305
	5:30 PM TOTAL LEGS SCRC STUDIO 209	5:30 PM EXP HIIT SCRC STUDIO 209	5:30 PM TOTAL ARMS SCRC STUDIO 209	5:30 PM EXP HIIT SCRC STUDIO 209

EXPRESS FORMATS ARE 30 MINUTES.
OTHER FORMATS ARE 45 MINUTES.

REGISTRATION OPENS THE DAY BEFORE AND WILL REMAIN OPEN UNTIL THE TIME OF THE CLASS OR THE CLASS IS FULL.

PLEASE ARRIVE 5 TO 10 MINUTES PRIOR TO CHECK IN TO ASSURE YOU GET YOUR RESERVED CLASS SPOT.

YOGA AND FITNESS MATS WILL BE PROVIDED. IT IS STILL RECOMMENDED TO BRING YOUR OWN FITNESS MAT AND TOWEL IF YOU HAVE A PERSONAL MAT.

NO CLASSES FRIDAY - SUNDAY, AND NO CLASSES MEMORIAL DAY MONDAY, MAY 31ST DUE TO FACILITY CLOSURES. JUNE 1ST - 30TH SCHEDULE COMING

FIT PASS OPTIONS

STUDENTS

\$20 SEMESTER PASS
\$5 ONE TIME PASS

CR MEMBERS

INCLUDED IN MEMBERSHIP FEE