JUNE 2021 (6/1 THROUGH 6/30)

GROUP FITNESS SCHEDULE
REGISTER NOW ON THE OLEMISSCR APP

MONDAY
- 7:00 AM
  EXP CYCLE
  SCRC 208
- 12:30 PM
  PILATES
  TURNER 305
- 5:30 PM
  POWER YOGA
  SCRC 210

TUESDAY
- 9:00 AM
  PILATES
  SCRC 210
- 12:30 PM
  EXP HIIT
  TURNER 305
- 5:15 PM
  HYDRO FIT
  TURNER POOL
- 5:30 PM
  CYCLE
  SCRC 208

WEDNESDAY
- 7:00 AM
  YOGA FLOW
  SCRC 210
- 12:30 PM
  CYCLE
  TURNER 125
- 5:15 PM
  HYDRO FIT
  TURNER POOL
- 5:30 PM
  TOTAL BODY
  SCRC 209

THURSDAY
- 9:00 AM
  EXP HIIT
  SCRC 209
- 12:30 PM
  TOTAL BODY
  TURNER 305
- 5:15 PM
  HYDRO FIT
  TURNER POOL
- 5:30 PM
  CYCLE
  SCRC 208

FRIDAY
- 12:30 PM
  YOGA FLOW
  TURNER 305
- 1:15 PM
  CYCLE
  SCRC 208

SUNDAY
- 12:30 PM
  EXP CYCLE
  SCRC 208
- 5:30 PM
  CYCLE
  SCRC 208

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, BUT IT IS STILL RECOMMENDED TO
BRING YOUR OWN FITNESS MAT AND TOWEL IF YOU HAVE A PERSONAL MAT.

FIT PASS OPTIONS
STUDENTS
$15 SEMESTER PASS
$5 ONE TIME PASS
CR MEMBERS
INCLUDED IN MEMBERSHIP FEE