JULY GROUP FITNESS SCHEDULE
JULY 2021 (7/5 THROUGH 7/31) | REGISTER NOW ON THE OLEMISSCR APP

MONDAY
9:30 AM
EXP HIIT
SCRC 209
12:30 PM
PILATES
TURNER 305
5:30 PM
TOTAL BODY
SCRC 209

TUESDAY
12:30 PM
EXP HIIT
TURNER 305
5:15 PM
HYDROFIT
TURNER POOL
5:30 PM
YOGA FLOW
SCRC 210

WEDNESDAY
9:30 AM
TOTAL BODY
SCRC 209
12:30 PM
EXP CYCLE
TURNER 305
5:15 PM
HYDROFIT
TURNER POOL
5:30 PM
BARRE
SCRC 210

THURSDAY
12:30 PM
TOTAL BODY
TURNER 305
5:15 PM
HYDROFIT
TURNER POOL
5:30 PM
CYCLE
SCRC 208

FRIDAY
12:30 PM
CYCLE & ABS
TURNER 125

SUNDAY
1:15 PM
CYCLE
SCRC 208

THERE WILL BE NO GROUP FITNESS CLASSES JULY 1-5.

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