FALL SEMESTER 2021 GROUP FITNESS SCHEDULE

November 1st - 19th | Register on the OleMissCR app | NO CLASSES 11/20 - 11/28

MONDAY
- 6:15 AM
  POWER YOGA
  SCRC 210
- 12:30 PM
  TOTAL BODY
  TURNER 305
- 4:00 PM
  CYCLE & ABS
  TURNER 125
- 5:30 PM
  POWER YOGA
  SCRC 210
- 6:30 PM
  CARDIO DANCE
  SCRC 210
- 7:30 PM
  TOTAL BODY
  TURNER 305
- 8:00 PM
  BARRE
  SCRC 210
- 8:30 PM
  EXP GLUTE CAMP
  TURNER 305

TUESDAY
- 6:15 AM
  CYCLE & ABS
  TURNER 125
- 7:00 AM
  EXP HIIT
  SCRC 209
- 5:30 PM
  HYDROFIT
  TURNER POOL
- 6:30 PM
  CARDIO DANCE
  SCRC 210
- 7:30 PM
  EXP TOTAL BODY
  TURNER 305
- 7:45 PM
  EXP TOTAL LEGS
  SCRC 209
- 8:00 PM
  CYCLE
  TURNER 125
- 8:30 PM
  YOGA
  SCRC 210

WEDNESDAY
- 6:15 AM
  YOGA RELAX
  SCRC 210
- 12:30 PM
  EXP CYCLE
  TURNER 125
- 5:30 PM
  PILATES
  SCRC 210
- 6:30 PM
  POWER YOGA
  SCRC 210
- 7:30 PM
  CARDIO DANCE
  TURNER 305
- 8:00 PM
  CYCLE
  TURNER 125
- 8:30 PM
  YOGA RELAX
  SCRC 210

THURSDAY
- 6:15 AM
  YOGA FLOW
  SCRC 210
- 7:00 AM
  TOTAL BODY
  SCRC 209
- 11:00 AM
  CYCLE & ABS
  TURNER 125
- 5:30 PM
  HYDROFIT
  TURNER POOL
- 7:30 PM
  EXP CYCLE
  TURNER 125
- 8:00 PM
  YOGA FLOW
  SCRC 210

FRIDAY
- 7:00 AM
  CYCLE & ABS
  SCRC 208
- 12:30 PM
  EXP HIIT
  TURNER 125
- 1:15 PM
  CARDIO DANCE
  SCRC 210

SUNDAY
- 6:30 PM
  EXP TOTAL BODY
  SCRC 209
- 8:30 PM
  YOGA FLOW
  SCRC 210

FIT PASS OPTIONS

STUDENTS
$20 Semester Pass
$5   One Time Pass

CR MEMBERS
Included in 6 & 12 month memberships, 3 month membership can purchase a semester pass. Fac/Staff Fit pass only membership available.

Express formats (EXP) are 30 minutes. Other formats are 45 minutes.

Registration opens the day before and will remain open until the class time 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 recommended to bring your own yoga or fitness mat, water bottle and sweat towel to classes. Sweat towels not provided.

This schedule is for 11/1/21 - 11/19/21.

NO CLASSES NOVEMBER 20-28TH.