



ST. PAUL GYM
Jan 17 - May 5 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Gentle Yoga Brenda > Upper MP	Power Yoga Kristin > Upper MP	Gentle Yoga Stacey > Upper MP	Cycle Cara > Lower MP	Gentle Yoga Brenda > Upper MP		
10:00am				Pilates Ginny > Studio			
11:00am						Power Yoga Ariel > Upper MP	
12:00pm	Pilates Ginny > Upper MP	Kundalini Yoga Stacey > Upper MP Yoga Sculpt Bonnie > Studio	Bootcamp Sam > Studio	Yoga Flow Stacey > Upper MP HIIT Kaylie > Studio	Total Body Strength Cheyenne > Studio Cycle Express Sam > Lower MP	Zumba Deanne > Studio	
12:15pm							Gentle Yoga Brenda > Upper MP
4:30pm		Zumba Julia > Studio	HIIT Emily G > Studio				
5:30pm	Cycle Bri > Lower MP Zumba Evgeniya > Studio	Yoga Flow Kristin > Upper MP	Pilates Ginny > Upper MP Cycle Rabia > Lower MP	Total Body Strength Julia > Studio			
6:00pm		HIIT Devyn > Studio	Cardio Kickboxing Marin > Studio				

Locations

Upper MP	Upper Level
Lower MP	Lower Level
Studio	3rd Floor

We've made some changes...

Cycle Strength + Cycle Core → Cycle Fit

Visit recwell.umn.edu/fitness for more detailed class descriptions

- Classes are held on first come, first serve basis
- Schedule subject to change during University Holidays and Closures
- Consult a physician before starting any exercise program
- Please note that Express classes are 45 minutes