

# — group FITNESS —

ST. PAUL GYM | **SPRING SCHEDULE**  
 JANUARY 21 - MAY 3

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		<b>Restorative Yoga</b> Stacey > Studio	<b>HIIT</b> Grace > Studio <b>Cycle</b> Tamara > Lower Multi		<b>Restorative Yoga</b> Stacey > Studio <b>Cycle</b> Tamara > Lower Multi	
12:00pm	<b>Zumba</b> Deanne > Studio	<b>HIIT</b> Emily K > Studio	<b>Yoga Flow</b> Stacey > Studio <b>Water Aerobics</b> Birgit > Pool	<b>HIIT</b> Emily K > Studio <b>Kundalini Yoga</b> Stacey > Upper Multi	<b>Water Aerobics</b> Birgit > Pool <b>Pilates</b> Ginny > Studio	<b>HIIT</b> Emily K > Studio
5:15pm		<b>Pilates</b> Ginny > Studio <b>Cycle</b> Rachel Z > Lower Multi	<b>Yoga Flow</b> Molly > Studio	<b>Pilates</b> Ginny > Studio		
7:00pm		<b>Yoga Flow</b> Stephanie > Studio		<b>Yoga Flow</b> Stephanie > Studio	<b>Yoga Sculpt</b> Emily C > Studio	

Studio	Upper Level
Upper Multi	Upper Level
Lower Multi	Lower Level
Pool	Lower Level

Classes are held on a 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 min

By pre-registering for classes, you will receive instant notifications about room changes, cancellations, messages from instructors, and other updates.

**Note: You will need a valid FitPass to pre-register for classes. Purchase a Fitpass at [shoprecwell.umn.edu](http://shoprecwell.umn.edu).**