

# — group FITNESS —

ST. PAUL GYM | FALL 2018 SCHEDULE  
SEPT. 4TH - DEC. 14TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	<b>Restorative Yoga</b> Stacey > Studio		<b>Kundalini Yoga</b> Stacey > Studio			
10:00AM		<b>Yoga Flow</b> Stacey > Studio		<b>Pilates</b> Ginny > Studio		
12:00PM	<b>Water Aerobics</b> Cassidy > Pool	<b>Bootcamp</b> Kenzie > Studio	<b>Water Aerobics</b> Cassidy > Pool	<b>Bootcamp</b> Connor > Studio	<b>Pilates</b> Ginny > Studio <b>Cycle Express</b> Grace > Lower Multi	<b>Zumba</b> Deanne > Studio
5:15PM	<b>Pilates</b> Ginny > Studio <b>Yoga Flow</b> Kristen > Upper Multi	<b>Cycle Express</b> Annika > Lower Multi <b>Zumba</b> Evgeniya > Studio	<b>HIIT</b> Jenna > Studio	<b>Yoga Flow</b> Cassidy > Studio <b>Cycle Express</b> Grace > Lower Multi		
6:30PM			<b>Yoga Flow</b> Molly > Studio			

## GROUP FITNESS

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

## YOU CAN NOW PRE-REGISTER FOR GROUP FITNESS CLASSES!

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).**

Visit [recwell.umn.edu/group-fitness](http://recwell.umn.edu/group-fitness) for more information