

FALL 2018 GROUP X



FITNESS EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM LES MILLS BODYPUMP	7AM CYCLE	*7AM* LES MILLS BODYPUMP	7AM CYCLE	
	8AM LES MILLS BODYPUMP		8AM SUNRISE YOGA	
12:15PM YOGA	*1:00PM* CYCLE	*11:30AM* HIIT	*12:30PM* LES MILLS BODYPUMP	*11AM* CORE & STRETCH
	3:30PM MINDFUL MEDITATION		3:30PM POUND ROCKOUT. WORKOUT.	
4:30PM MARTIAL ARTS	5:00PM PiYO	4:30PM CYCLE	4:30PM ZUMBA FITNESS	
5:45PM HIP-HOP FITNESS	6:00PM LES MILLS BODYPUMP	5:45PM INTERMEDIATE YOGA	5:30PM LES MILLS BODYPUMP	
7:00PM STRONG BY ZUMBA	7:15PM KICKBOXING	6:45PM ZUMBA FITNESS	6:45PM CYCLE	
8:00PM POWER PILATES	8:15PM YOGA	8:00PM POWER PILATES	8:00PM YOGA	

SPECIAL EVENTS IN FITNESS!

September: Meal Prep Workshops, Sundays at 7pm

October: Women and Weights—Lifting Workshop, Sundays at 7pm

October 17th: CAMPBELL GAMES

November: Core Challenge Workshop, Sundays at 7pm

DON'T MISS AN EVENT! Follow us on **INSTAGRAM** and **TWITTER** to stay up to date!

Contact us for more information!

GROUP X FAQ:

Do I really have to bring my CU ID every time? **YES!** We will **NOT** let you into Carter Gym without your ID.

Can I enter class late? Do **NOT** enter more than 10 minutes late, it is distracting and you will have missed the warm-up.

How can I find out if a class is cancelled? Follow us on Twitter or check our Twitter feed before coming to class.

Where can I find class descriptions? You can find class descriptions and instructor bios on our website! Links to our website and other info: campusrec.campbell.edu

How do I enter for classes that happen at 7am and 8am?

Classes that occur outside of Carter Gym usage hours will use the back door entrance only. **PLEASE DO NOT USE THIS DOOR OUTSIDE OF THIS TIME.**

Are all classes an hour? Any class time with ** is 30-45 minutes.

Other Questions? E-mail Cora-Ann at clcwinko@campbell.edu or

Amy at asantos@campbell.edu, or call 910-814-5512

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#CUGetREcked