

# GROUP X FALL SCHEDULE

CLASSES BEGIN MONDAY, AUGUST 28th



CARTER GYM GROUP X STUDIO

## MONDAY



**Cycle60**  
7am-8am



**Power Hour - Ali**  
4:30pm-5:30pm



**ZUMBA** - Sarah  
5:30pm-6:30pm



**POUND** - Nelly  
6:30pm-7:15pm

**Dance Fitness**  
- Madison  
7:15pm-8:00pm

**Power Pilates**  
- Chelsy  
8:00pm-9:00pm



CUCampusRec



CUCampusRecreation



CUCampusRecreation

## TUESDAY



**Yoga - Nicole**  
12:15pm-1pm\*



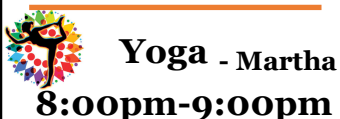
**Cycle60**  
4:30pm-5:30pm



**ZUMBA** - Erica  
5:30pm-6:30pm



**HIIT** - Hollis  
**BOOTCAMP**  
6:45pm-7:45pm



**Yoga - Martha**  
8:00pm-9:00pm

## WEDNESDAY



**Yoga - Cora-Ann**  
7am-8am



**Pilates - Ali**  
12:15pm-1pm\*

### POWER + PROTEIN

\*every 1st Wed. of the month  
WORKOUT STARTS AT 3PM!



**POUND** - Nelly  
4:30pm-5:15pm



**Hip Hop Fitness** - Malia  
5:30pm-6:30pm



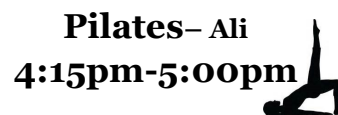
**STRONG** - Sarah  
6:30pm-7:30pm

**Power Pilates**  
- Chelsy  
8:00pm-9:00pm

## THURSDAY



**Yoga - Cora-Ann**  
12:15pm-1pm\*



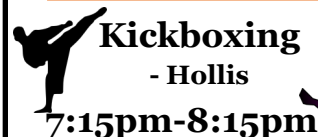
**Pilates - Ali**  
4:15pm-5:00pm



**Cycle60**  
5:00pm-6:00pm



**ZUMBA** - Erica  
6:15pm-7:15pm



**Kickboxing**  
- Hollis  
7:15pm-8:15pm



**Yoga - Martha**  
8:15pm-9:15pm

## FRIDAY



**fitness FRIDAY** - Cora-Ann  
12:15pm-1pm\*

### GROUP X TIPS:

- Any class can be adapted for any fitness level. ALL are welcome!
- 12:15\* lunch time classes are designed for your lunch break; short on time is no excuse!
- Bring water and your ID and arrive on time. Please do not enter more than 10-min after class has begun.
- Follow us on social media for schedule changes, program information, and updates
- Check out our website for class descriptions and more!