**Faculty/Staff Fitness Schedule**

**Spring 2020**

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| **Monday** | **Slow Flow Yoga** w/ Osel  12:05pm, Studio 30  **NEW CLASS!**  **Weight Room Basics** w/ Kayla \*Starts 1/27  12:05pm, Weight Room |
| **Tuesday** | **Pilot Cycle** w/ Susan  6:30am-7:30am, Studio 20  **Sweaty 20** w/ Julee  12:05pm, Studio 30 |
| **Wednesday** | **Centering Yoga** w/ Karen  12:05pm, Studio 30 |
| **Thursday** | **Pilot Cycle** w/ Susan  6:30am-7:30am, Studio 20  **Zumba** w/ Brady  12:05pm, Studio 45 |
| **Friday** | **Alternating each week:**  **Rowing w/ Ryan** - Jan 17 &31, Feb 14 &28, March 13 &27  12:05pm, Studio 45  ***NEW classes offered the remaining Fridays:***  **Tai Chi** w/ Jim –Jan 24, Feb 7 & 21, March 6 & 20, April 3  12:05pm, Studio 30  **Zumba** w/ Kamryn – Feb 21, March 6 & 20, April 3  12:05pm, Studio 45 |