

campus recreation group exercise

winter 2015

	Time	Class	Instructor	Location
Monday	8:00 - 8:45am	Insanity®	Maddie	Fieldhouse Dance Studio
	11:15-11:45am	Quick SPIN®	Ouen	Spin Studio/Fieldhouse Lower Level
	4:30 - 5:15pm	*Intro to SPIN®	Deb	Spin Studio/Fieldhouse Lower Level
	5:30 - 6:15pm	Interval SPIN®	Sarah L.	Spin Studio/Fieldhouse Lower Level
	6:00 - 6:45pm	PiYo LIVE®	Natalie	Kelly Family Sports Center - Multipurpose Rm
	6:00 - 6:45pm	TBT	Carrie	Fieldhouse Dance Studio
	7:00 - 7:45pm	Yoga Flow	Sarah I.	Kelly Family Sports Center - Multipurpose Rm
	7:00 - 7:45pm	Insanity®	Natalie	Fieldhouse Dance Studio
	8:00 - 8:45pm	Power Yoga	Tara	Kelly Family Sports Center - Multipurpose Rm
	8:00 - 8:45pm	Zumba®	Amanda	Fieldhouse Dance Studio
Tuesday	5:00 - 5:45pm	SPIN®	Deb	Spin Studio/Fieldhouse Lower Level
	5:15 - 6:15pm	*Beginning Yoga	Ouen	Kelly Family Sports Center - Multipurpose Rm
	5:30 - 6:15pm	Zumba®	Christine	Fieldhouse Dance Studio
	6:30 - 7:15pm	Yoga Flow	Emma	Kelly Family Sports Center - Multipurpose Rm
	6:30 - 7:15pm	G3	Megan	Fieldhouse Dance Studio
	6:30 - 7:30pm	SPIN® + Yoga	Ouen	Spin Studio/Fieldhouse Lower Level
	7:30 - 8:30pm	Ashtanga Vinyasa	Claire	Kelly Family Sports Center - Multipurpose Rm
	8:00 - 8:45pm	Insanity®	Maddie	Fieldhouse Dance Studio
	8:00 - 8:45pm	SPIN®	Erinn	Spin Studio/Fieldhouse Lower Level
Wednesday	8:00 - 8:45am	Rise & Shine Yoga	Tara	Fieldhouse Dance Studio
	5:00 - 5:45pm	GROOVE®	Carrie	Fieldhouse Dance Studio
	5:15 - 6:00pm	Endurance SPIN®	Sarah L.	Spin Studio/Fieldhouse Lower Level
	6:00 - 6:45pm	Cardio & Core	Megan	Fieldhouse Dance Studio
	6:00 - 6:45pm	TRX®	Seth	Kelly Family Sports Center - Track
	6:15 - 7:00pm	Restorative Yoga	Kristen	Kelly Family Sports Center - Multipurpose Rm
	6:30 - 7:15pm	Strength SPIN®	Maddy	Spin Studio/Fieldhouse Lower Level
	7:00 - 7:45pm	Zumba®	Hannah	Fieldhouse Dance Studio
	7:15 - 8:00pm	PiYo	Shannon	Kelly Family Sports Center - Multipurpose Rm
	7:30 - 8:15pm	Interval SPIN®	Erinn	Spin Studio/Fieldhouse Lower Level
	8:15 - 9:00pm	Yoga & Meditation	Shannon	Kelly Family Sports Center - Multipurpose Rm
	5:30 - 6:15pm	Insanity®	Maddie	Fieldhouse Dance Studio
Thursday	6:15 - 7:15pm	Power Yoga	Emma	Kelly Family Sports Center - Multipurpose Rm
	6:30 - 7:15pm	TRX®	Hillary W.	Kelly Family Sports Center - Track
	6:30 - 7:15pm	Endurance SPIN®	Erinn	Spin Studio/Fieldhouse Lower Level
	6:30 - 7:15pm	Zumba®	Paula	Fieldhouse Dance Studio
	7:30 - 8:15pm	TurboKick®	Hillary W.	Fieldhouse Dance Studio
	7:30 - 8:15pm	Yoga Flow	Claire	Kelly Family Sports Center - Multipurpose Rm
	7:30 - 8:15pm	Yoga Flow	Claire	Kelly Family Sports Center - Multipurpose Rm
Friday	10:00 - 10:45am	*Rise & Shine Yoga	Paityn	Kelly Family Sports Center - Multipurpose Rm
	11:00 - 11:45am	Zumba®	Amanda	Fieldhouse Dance Studio

buy your pass at: www.gvsu.edu/rec/groupepx
classes run January 12 - April 17

* Schedule is subject to change. Please check online at www.gvsu.edu/rec/groupepx for updated schedule.

* Intro to Spin® runs until Feb. 9th, and is replaced with regular Spin®

* Friday, Rise & Shine Yoga begins Jan. 23rd

* Tuesday, Beginning Yoga runs until Feb. 17th

* No classes on Jan. 19th or Mar. 2nd - Mar. 6th (Spring Break)



**GRAND VALLEY
STATE UNIVERSITY**
CAMPUS RECREATION



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