



ELON
UNIVERSITY

Campus
Recreation
& Wellness

Winter 2021 Group Exercise Schedule

Masks are required in all group exercise classes, as well as in the fitness center at all times. Because of this, our instructors have tailored their classes to give you more rest time and are readily equipped to provide workouts that can be easily done with a mask on all while still working the body efficiently!

	MON	TUES	WED	THUR	FRI	SUN
8:00A	Total Body HIIT Jordan Gym (Paz)	Cycle (Olivia)	Total Body HIIT Jordan Gym (Lilly)	Yoga Studio 6 (Olivia)	Glutes (express 30 min) Studio 6 (Paz)	
10:00A	Cycle (Sarah)		Arms + Intervals Cycle Bikes (Sarah)		Pump Studio 6 (Katherine)	
12:30P						Mat Pilates Jordan Gym (Caitlin)
1:30P			Studio Pilates (Cat)		Studio Pilates (Molly)	SSS Studio 6 (Cat) Cycle (Molly)
2:00P						Zumba Jordan Gym (Angelica) +Yoga Sculpt Studio 6 (Emma)
4:15P	Studio Pilates (Emma)	Total Body HIIT Jordan Gym (Caitlin)	Cycle (Molly)	Zumba Jordan Gym (Cat)		
5:30P	Zumba Jordan Gym (Angelica)	Pump Studio 6 (Lissy)	Total Body HIIT (Express 45 min) Jordan Gym (Lissy)	Yoga Sculpt Jordan Gym (Emma)	Dance HIIT Jordan Gym (Angelica)	
6:45	Mat Pilates Studio 6 (Katie)		Glutes (Express 30 min) Studio 6 (Katie)			