



ELON
UNIVERSITY

Campus
Recreation
& Wellness

Spring 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	Cycle (Molly)	Total Body HIIT Studio 6 (Caitlin)	Express Cycle (30 min) (Katherine)	Total Body HIIT Studio 6 (Sarah)	Glutes (Express 30 min) Studio 6 (Paz)	
10:00A		Studio Pilates (40 min express) (Cat)				
12:30P	Yoga Sculpt Studio 6 (Emma)	Pump Studio 6 (Katherine)		Ride & Relax (Olivia)	Mat Pilates Studio 6 (Katie)	Zumba Jordan Gym (Angelica) Studio Pilates (Molly)
1:30P			Studio Pilates (Emma)		Cycle (Molly)	
2:30P						
4:15P	Mat Pilates Studio 6 (Sarah)	Cycle (Olivia)	Pump Studio 6 (Lissy)	Totally Body HIIT (45 min) Jordan Gym (Paz)		
		Express HIIT Koury West Lawn (Lissy)				
5:30P	Total Body HIIT Koury West Lawn (Caitlin)	Zumba Jordan Gym (Angelica)	Arms + Intervals (Sarah)			
		Mat Pilates Studio 6 (Paz)		Studio Pilates (Emma)		
6:45	Mat Pilates Studio 6 (Katie)		SSS Studio 6 (Cat)	Glutes (Express 30 min) Studio 6 (Katie)		