

Group X June Schedule

June 4 - June 29



monday

Time	Class	Location
7 - 8 a.m.	BodyPump™	Strom 125
12:15 - 1 p.m.	Bootcamp	Blatt PE
5:30 - 6:15 p.m.	Hydro Fit	Blatt PE Pool
5:30 - 6:30 p.m.	BodyCombat™	Strom 125
5:30 - 6:30 p.m.	Yoga	Strom 127

tuesday

Time	Class	Location
7 - 7:45 a.m.	Cycle	Strom 128
7:15 - 8:00 a.m.	Cardio Kickboxing	Blatt PE
12:15 - 1 p.m.	Step & Sculpt	Blatt PE
12:30 - 1:30 p.m.	Yoga	Strom 127
5:30 - 6:15 p.m.	Cycle	Strom 128
5:30 - 6:30 p.m.	BodyPump™	Strom 125
5:30 - 6:15 p.m.	Bootcamp	Blatt PE

wednesday

Time	Class	Location
7 - 8 a.m.	BodyPump™	Strom 125
12:15 - 1 p.m.	Total Strength	Blatt PE
5:30 - 6:15 p.m.	TRX	Strom 128
5:30 - 6:30 p.m.	BodyAttack™	Strom 125
5:30 - 6:30 p.m.	HIIT Fit	Blatt PE

thursday

Time	Class	Location
7:15 - 8 a.m.	Bootcamp	Blatt PE
12:15 - 1 p.m.	Zumba	Blatt PE
12:15 - 1 p.m.	Cycle	Strom 128
5:30 - 6:15 p.m.	Total Strength	Blatt PE

friday

Time	Class	Location
8 - 9 a.m.	Yoga	Strom 127
12:15 - 1 p.m.	Yogalates	Blatt PE
12:30 - 1:30 p.m.	BODYPUMP™	Strom 125

events

SUP Yoga Classes:
(RESERVATION REQUIRED, sign up at campusrec.sc.edu)
June 14: Noon - 1 p.m.
June 20: 2 - 3 p.m.
June 26: 2 - 3 p.m.

Outdoor Bootcamp Classes:
(Strom Pool Deck)
June 5: 9:30 - 10:15 a.m.
June 11: 8 - 8:45 a.m.
June 18: 9 - 9:45 a.m.

Campus Recreation
UNIVERSITY OF SOUTH CAROLINA

Purchase a Summer GX Pass for \$10 - online or the WFC/PEC business desks.

For more information or questions go to www.campusrec.sc.edu, or contact the Fitness Coordinator, Chrissy Strow, at strow@mailbox.sc.edu