

# May 2018 Group X Schedule

May 14 - June 1, 2018

## MONDAY

7:00-8:00 a.m.	BODYPUMP™	Strom 125
12:15-1:00 p.m.	Bootcamp	Blatt PE
12:30-1:30 p.m.	BODYPUMP™	Strom 125
4:30-5:15 p.m.	Cycle	Strom 128
5:30-6:30 p.m.	Yoga	Strom 127
5:30-6:30 p.m.	BODYCOMBAT™	Strom 125

## TUESDAY

8:00-9:00 a.m.	Yoga	Strom 127
12:15-1:00 p.m.	HIIT Fit	Blatt PE
12:15-1:00 p.m.	TRX	Strom 128
4:15-5:15 p.m.	BODYATTACK™	Strom 125
5:00-6:00 p.m.	Zumba	Strom 127
5:30-6:30 p.m.	Cycle/TRX	Strom 128
5:30-6:30 p.m.	BODYPUMP™	Strom 125
6:15-7:00 p.m.	Barre	Strom 127

**\*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](http://www.campusrec.sc.edu). or contact the Fitness Coordinator, Chrissy Strow, at [strow@mailbox.sc.edu](mailto:strow@mailbox.sc.edu)

## WEDNESDAY

7:00-7:45 a.m.	Cycle	Strom 128
7:00-8:00 a.m.	BODYPUMP™	Strom 125
12:15-1:00 p.m.	Total Strength	Blatt PE
12:30-1:30 p.m.	Yoga	Strom 127
4:15-5:15 p.m.	BODYCOMBAT™	Strom 125
4:30-5:15 p.m.	Barre	Strom 127
5:15-6:00 p.m.	Cycle	Strom 128
5:30-6:30 p.m.	BODYATTACK™	Strom 125

## THURSDAY

12:15-1:00 p.m.	Cycle	Strom 128
12:15-1:00 p.m.	Zumba	Blatt PE
4:30-5:15 p.m.	HIIT Fit	Strom 125
4:30-5:15 p.m.	Barre	Strom 127
5:30-6:30 p.m.	BODYPUMP™	Strom 125

## FRIDAY

12:15-1:00p.m.	Yogalates	Blatt PE
12:30-1:30 p.m.	BODYPUMP™	Strom 125

### Announcement:

There will be NO classes  
Monday, May 28th - Memorial Day