

Group Fitness Fall Schedule

August 23 - December 7



monday

Time	Class	Location
7 - 8 am	Cycle Core	Strom 128
7 - 8 am	BodyPump™	Strom 125
9 - 10 am	TRX	Fitness Floor
9:15 - 10:15 am	Yoga	Strom 127
11 am - 12 pm	Cycle Strength	Strom 128
12:15 - 1 pm	Bootcamp	Blatt PE
12:30 - 1:30 pm	BodyPump™	Strom 125
2:30 - 3:30 pm	PiYo	Strom 127
3:15 - 4 pm	HIIT Fit	Strom 125
4:30 - 5:15 pm	Bootcamp	Strom 125
4:30 - 5:30 pm	Cycle Core	Strom 128
5 - 6 pm	Zumba	Strom 127
5:30 - 6:15 pm	Bootcamp	Blatt PE
5:30 - 6:15 pm	HydroFit	PEC Pool (Blatt)
5:30 - 6:30 pm	BodyCombat™	Strom 125
6:15 - 7 pm	Cycle	Strom 128
6:15 - 7:15 pm	Barre	Strom 127
7:30 - 8:15 pm	HIIT Fit	Strom 125
7:30 - 8:30 pm	Cardio Hip Hop	Strom 127

tuesday

Time	Class	Location
7 - 7:45 am	Cycle	Strom 128
7:15 - 8 am	Bootcamp	Blatt PE
8 - 9 am	TRX	Fitness Floor
8 - 9 am	Yoga with Weights	Strom 127
9:15 - 10:15 am	Barre	Strom 127
11:45 am - 12:45 pm	Yoga	Strom 125
12 - 1 pm	TRX	Fitness Floor
12:15 - 1 pm	Zumba	Blatt PE
12:30 - 1:15 pm	Cycle	Strom 128
3 - 3:45 pm	Float Yoga	Outdoor Pool (Strom)
4:15 - 5:15 pm	BodyCombat™	Strom 125
4:45 - 5:45 pm	PiYo	Strom 127

tuesday (cont.)

Time	Class	Location
5:30 - 6:15 pm	Bootcamp	Blatt PE
5:30 - 6:30 pm	BodyPump™	Strom 125
6 - 7 pm	Zumba	Strom 127
6:45 - 7:45 pm	BodyAttack™	Strom 125
7:15 - 8 pm	Cycle	Strom 128
7:15 - 8:15 pm	Plyoga	Strom 127
8 - 8:45 pm	Dance X	Strom 125

wednesday

Time	Class	Location
7 - 7:45 am	Cycle	Strom 128
7 - 8 am	BodyPump™	Strom 125
8 - 9 am	Yoga	Strom 127
8:15 - 9:15 am	TRX	Fitness Floor
9:15 - 10:15 am	Yoga with Weights	Strom 127
10:45 - 11:45 am	Cycle Strength	Strom 128
12:15 - 1 pm	Barre	Blatt PE
12:30 - 1:30 pm	BodyPump™	Strom 125
1:30 - 2:15 pm	Float Yoga	Outdoor Pool (Strom)
3:15 - 4 pm	Bootcamp	Strom 125
3:30 - 4:30 pm	Barre	Strom 127
4:15 - 5:15 pm	BodyAttack™	Strom 125
5 - 5:45 pm	Cycle	Strom 128
5 - 6 pm	Dance X	Strom 127
5:30 - 6:15 pm	HIIT Fit	Blatt PE
5:30 - 6:15 pm	HydroFit	PEC Pool (Blatt)
5:30 - 6:30 pm	BodyCombat™	Strom 125
6 - 7 pm	Cycle Core	Strom 128
6:45 - 7:45 pm	Zumba	Strom 125
7:30 - 8:30 pm	Barre	Strom 127

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thursday

Time	Class	Location
7 - 8 am	Cycle Core	Strom 128
7:15 - 8 am	PiYo	Blatt PE
8 - 9 am	Plyoga	Strom 127
8 - 9 am	TRX	Fitness Floor
11:45 am - 12:45 pm	Yoga	Strom 125
12:15 - 1 pm	HIIT Fit	Blatt PE
12:30 - 1:15 pm	Float Bootcamp	Outdoor Pool (Strom)
12:30 - 1:30 pm	Cycle Strength	Strom 128
1:30 - 2:30 pm	Barre	Strom 127
3 - 4 pm	Cycle Strength	Strom 128
3 - 4 pm	Yoga	Strom 127
4:15 - 5:15 pm	BodyCombat™	Strom 125
4:30 - 5:30 pm	Barre	Strom 127
5:30 - 6:15 pm	Total Strength	Blatt PE
5:30 - 6:30 pm	BodyPump™	Strom 125
5:45 - 6:45 pm	Zumba	Strom 127
6:45 - 7:45 pm	BodyAttack™	Strom 125

friday

Time	Class	Location
7 - 8 am	BodyPump™	Strom 125
8 - 9 am	Restorative Yoga	Strom 127
10 - 10:45 am	TRX	Fitness Floor
10:15 - 11 am	Cycle	Strom 128
10:30 - 11:30 am	Cardio Barre	Strom 127
12 - 1 pm	Cycle Zen	Strom 128
12:15 - 1 pm	Total Strength	Blatt PE
12:30 - 1:30 pm	BodyPump™	Strom 125
1:15 - 2 pm	Float Bootcamp	Outdoor Pool (Strom)
2 - 3 pm	Yoga	Strom 127
3 - 3:45 pm	HIIT Fit	Strom 125
3:15 - 4:15 pm	Cycle Strength	Strom 128
4 - 5 pm	BodyAttack™	Strom 125
4:30 - 5:15 pm	Cycle	Strom 128
5:15 - 6 pm	Barre	Strom 127

saturday

Time	Class	Location
10 - 11 am	Barre	Strom 125
11 am - 12 pm	BodyPump™	Strom 125
3:00- 3:45 pm	Cycle	Strom 128

sunday

Time	Class	Location
4 - 5 pm	BodyPump™ /Launches	Strom 125
5:15 - 6:15 pm	Zumba	Strom 125

announcements

Important Details on SUP:

Reservations are
REQUIRED for all
SUP formats (Bootcamp
and Yoga).
Make reservations at
campusrec.sc.edu

*Purchase your Fall Group X Pass for \$20
online or at the WFC/PEC business desks*

Campus Recreation
UNIVERSITY OF SOUTH CAROLINA

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