

Group Fitness July Schedule

July 11 - August 10



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.	Zumba	Blatt PE
4:15 - 5:15 p.m.	BodyAttack™	Strom 125
5:30 - 6:15 p.m.	Cycle	Strom 128
5:30 - 6:15 p.m.	Bootcamp	Blatt PE
5:30 - 6:30 p.m.	BodyPump™	Strom 125

wednesday

Time	Class	Location
7 - 8 a.m.	BodyPump™	Strom 125
12:15 - 1 p.m.	Total Strength	Blatt PE
3:30 - 4:30 p.m.	Yoga	Strom 127
5:30 - 6:15 p.m.	HIIT Fit	Blatt PE
5:30 - 6:30 p.m.	TRX	

→ Strom Strength and Conditioning Area

5:30 - 6:30 p.m. BodyCombat™ Strom 125

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
5:30 - 6:30 p.m.	BodyAttack™	Strom 125

friday

Time	Class	Location
12:15 - 1 p.m.	Step & Sculpt	Blatt PE
12:30 - 1:30 p.m.	BODYPUMP™	Strom 125

announcements

SUP Yoga Classes:

(RESERVATION REQUIRED, sign up at campusrec.sc.edu)

July 12: 12 - 1 p.m.

July 17: 12 - 1 p.m.

July 25: 12 - 1 p.m.

July 30: 12 - 1 p.m.

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

Campus Recreation

UNIVERSITY OF SOUTH CAROLINA