

GROUP EXERCISE SPRING 2022

MONDAY

- 5PM **SCULPT**
with Heather
- 6PM **YOGA**
with Jessica P.
- 6PM **CYCLE**
with Haley

TUESDAY

- 11:45AM **CYCLE***
with Co
- 6PM **CYCLE**
with Kristen
- 6PM **YOGA**
with Krissy
- 8PM **CYCLE**
with Chrisoula

WEDNESDAY

- 5PM **YOGA**
with Sarah P.
- 6PM **CYCLE**
with Sarah P.

THURSDAY

- 11:45AM **CYCLE***
with Co
- 5PM **SCULPT**
with Heather
- 6PM **YOGA**
with Gabriella
- 6PM **CYCLE**
with Kristen
- 8PM **CYCLE**
with Co

FRIDAY

- 5PM **YOGA**
with Sarah P.
- 5PM **CYCLE**
with Sarah J.

SATURDAY

- 10AM **BEGINNER
WEIGHTLIFTING**
with Sarah P.

**KN95 masks or N95 masks
must be worn for classes.**

Saturday classes are held in the
Schumann Fitness Center.

Cycle Classes require a bike
reservation. While walk-ins are
accepted, space is limited.

Cycle classes are held in the
Cycle Studio, located in Evans
Way Residence Hall on the
Wentworth Campus.

All classes are 50 minutes in
length unless otherwise indicated.

* 30 minute class

Cycling classes start January 24th

Saturday Beginner Weightlifting
class starts on January 29th.

