

UIS GROUP FITNESS

FALL 2017

Aug. 28 - Dec. 8

Monday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	Barre Fitness	Caitlin H.
4-4:50pm	Martial Arts & Self Defense	Scott M.
5-5:20pm	Core Conditioning	Talon T.
5:30-6:20pm	Boot Camp	Talon T.
6:30-7:20pm	WERQ Dance	Kayla T.

Tuesday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	ON TRAC	Tayler D.
5-5:50pm	Total Body Burn	Natalie H.
6-6:50pm	Zumba	Linda H.
7-7:50pm	HIIT & Lift	Jessica R.
8-8:20pm	Core Conditioning	Jessica R.

Wednesday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	Barre Fitness	Caitlin H.
1-1:20pm	Core Conditioning	Talon T.
1:30-2:20pm	Cycle Fit	Talon T.
4-4:50pm	Martial Arts & Self Defense	Scott M.
5:20-5:50pm	Core Conditioning	Renee C.
6-6:50pm	Yoga	Renee C.
8:30-10:30pm	West Coast Swing	Steve H.

Thursday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	ON TRAC	Tayler D.
5-5:50pm	Total Body Burn	Natalie H.
6-6:50pm	Zumba	Diane M.
7-7:50pm	HIIT & Lift	Jessica R.

Friday

<i>Time:</i>	<i>Class:</i>	<i>Instructor:</i>
12-12:50pm	ON TRAC	Tayler D.
1:15-2pm	WERQ Dance	Kayla T.



CAMPUS RECREATION

UNIVERSITY OF ILLINOIS SPRINGFIELD