

TRAC Spring 2021 Group Fitness Schedule January 19th-April 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-12:50pm <i>Total Body</i> with Amber (If in Person Permits)				12-12:50pm <i>Cycle</i> with Amber (If in Person Permits)	12-12:50 Zumba with Diane (If in Person Permits)
5-5:50pm WERQ with Jasmine Virtual/Campus Rec	5-5:50pm <i>Cardio Kickboxing</i> with Jasmine Virtual/Campus Rec	5-5:50pm <i>Booty Barre</i> with Jasmine Virtual/Campus Rec	5-5:50pm WERQ with Jasmine Virtual		
		6-6:50pm <i>Classic Karate</i> with Shihan Daniel (If in Person Permits)	5:30pm-6:30pm <i>Zumba</i> With Diane (If in Person Permits)		
7-7:50pm <i>Meditation</i> With Nishtha Virtual		7-7:50pm <i>Meditation</i> With Nishtha Virtual			

- To sign up for virtual classes please contact apye3@uis.edu