



SRC Spring 2020 Group Fitness Classes

The Morning HIIT with Leslie: Monday/Wednesday/Friday, 7:30am to 8:30am

Full Body Strength with Leslie: Tuesday/Thursday, 7:30am to 8:30am

30 Minute Cardio Blast with Anna: Tuesday/Thursday, 3:30pm to 4:00pm

ZUMBA with Amanda: Monday/Tuesday/Wednesday/Thursday, 4:10pm to 5:00pm

HIIT with Maia: Tuesday/Thursday, 5:00pm to 5:50pm

30 Minute Cardio Blast with Anna: Monday/Wednesday, 5:00pm to 5:30pm

Yoga with Alicia: Monday/Tuesday/Wednesday/Thursday, 6:00pm to 6:50pm

****Please sign in for each class at the SRC front desk! All classes held in the SRC dance/fitness room!***

