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<th>Monday</th>
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<tr>
<td>Yoga w/ Tori</td>
<td>Tri Training w/ Molly</td>
<td>HIIT w/ Kristy</td>
<td>Tri Training w/ Molly</td>
<td>Kettlebell w/ Kristy</td>
<td>Yoga w/ Tori</td>
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<td>HIIT w/ Randy</td>
<td>Water Aerobics w/ LaVette</td>
<td>Indoor Cycling w/ LaVette</td>
<td>Pilates w/ Melissa</td>
<td>Yoga w/ Jill</td>
<td>Indoor Cycling w/ Randy</td>
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<td>Zumba w/ Emily</td>
<td>Indoor Cycling w/ Joao</td>
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<td>Zumba w/ Michelle</td>
<td>Indoor Cycling w/ Joao</td>
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<td>Indoor Cycling w/ Lexi</td>
<td>Zumba w/ Michelle</td>
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<td>Abs &amp; Glutes w/ Karen</td>
<td>Kickboxing w/ Karen</td>
<td>Yoga w/ Tori</td>
<td>Barre w/ Rebecca</td>
<td>Zumba w/ Christine</td>
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<td>Pilates w/ Lexi</td>
<td>Barre w/ Rebecca</td>
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**Please scroll down to view Tepper Fitness Center Class Schedule**

Free for all CMU students, faculty and staff.
Please check in at the fitness desk for receipt before going to the studios.

No Group X Classes on April 13, 14 and 21, 2019

**Indoor Sprint Triathlon**
May 3, 2019
# Tepper Fitness Class Schedule March 18th thru May 10th

**Monday**
- **Yoga w/ Danica**
  11:30 am - 12:15 pm
  Noll Studio
- **HIIT w/ Chelsea**
  4:30 pm - 5:15 pm
  Noll Studio
- **Balance, Strength & Flexibility w/ Nate**
  5:15 pm - 6:00 pm
  Noll Studio
- **Bollywood w/ Piyusha**
  6:15 pm - 7:00 pm
  Noll Studio
- **Zumba w/ Michelle**
  6:45 pm - 7:30 pm
  Noll Studio

**Tuesday**
- **Barre w/ Tammy**
  12:30 pm - 1:15 pm
  Noll Studio
- **Boot Camp w/ Lexi**
  4:30 pm - 5:15 pm
  Noll Studio
- **Slow Flow Yoga w/ Carol**
  5:15 pm - 6:00 pm
  Noll Studio
- **Barre w/ Tammy**
  6:00 pm - 6:45 pm
  Noll Studio

**Wednesday**
- **Yoga w/ Hannah**
  9:00 am - 10:00 am
  Noll Studio
- **Yoga w/ Danica**
  11:30 am - 12:15 pm
  Noll Studio
- **Strength Training 101 w/ Randy**
  4:30 pm - 5:15 pm
  Noll Studio
- **Zumba w/ Emily**
  5:15 pm - 6:00 pm
  Noll Studio

**Thursday**
- **Cardio & Core w/ Rebecca**
  12:00 pm - 12:30 pm
  Noll Studio
- **Yoga w/ Hannah**
  12:30 pm - 1:15 pm
  Noll Studio
- **Boot Camp w/ Chelsea**
  4:30 pm - 5:15 pm
  Noll Studio
- **Pilates w/ Dolores**
  5:15 pm - 6:00 pm
  Noll Studio
- **Zumba w/ Katie**
  6:15 pm - 7:00 pm
  Noll Studio

**Friday**
- **Yoga w/ Danica**
  12:00 pm - 1:00 pm
  Noll Studio
- **Zumba w/ Emily**
  1:00 pm - 1:45 pm
  Noll Studio

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For more information, contact Pattye Stragar at pls@andrew.cmu.edu or at 412.268.1235

http://athletics.cmu.edu//facilities/tepperfitness
http://athletics.cmu.edu/fitness/groupx

Free for all CMU students, faculty and staff. Please check in at the fitness desk for receipt before going to the studio.

**No Group X Classes on April 13, 14 & 21, 2019**

**Indoor Sprint Triathlon**
May 3, 2019