Group X Schedule Interim January 6th thru 10th 2020

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

### Monday 1-6
- **Boot Camp w/ Chelsea**
  - 7:00 am - 7:45 am
  - Studio A. Kenner
- **HiIT w/ Randy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Pilates w/ Kristy**
  - 11:30 am - 12:15 pm
  - Keeler Studio
- **Yoga w/ Julie**
  - 12:30 pm - 1:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Randy**
  - 12:30 pm - 1:15 pm
  - Indoor Cycling Studio
- **Plyometrics w/ Willie**
  - 5:00 pm - 6:00 pm
  - Studio A. Kenner
- **Hip Hop w/ Alison**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Randy**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Abs & Glutes w/ Karen**
  - 6:00 pm - 6:45 pm
  - Studio A. Kenner
- **Yoga w/ Jill**
  - 6:30 pm - 7:30 pm
  - Keeler Studio

### Tuesday 1-7
- **Boot Camp w/ Nate**
  - 7:00 am - 7:45 am
  - Studio A. Kenner
- **Barre w/ Tammy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Steps, Weights, & Abs w/ Melissa**
  - 11:45 am - 12:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Nate**
  - 12:30 pm - 1:15 pm
  - Indoor Cycling Studio
- **Metabolic Resistance Training w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Indoor Cycling w/ Lexi**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Dabney**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Kickboxing w/ Karen**
  - 5:30 pm - 6:30 pm
  - Studio A. Kenner
- **Pilates w/ Lexi**
  - 6:30 pm - 7:15 pm
  - Keeler Studio

### Wednesday 1-8
- **Boot Camp w/ Chelsea**
  - 7:00 am - 7:45 am
  - Studio A. Kenner
- **HiIT w/ Kristy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Cardio, Strength & Flexibility w/ Randy**
  - 12:30 pm - 1:15 pm
  - Studio A. Kenner
- **Pilates w/ Melissa**
  - 11:45 am - 12:30 pm
  - Keeler Studio
- **Indoor Cycling w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Indoor Cycling w/ Lexi**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Dabney**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Boxing Conditioning w/ Karen**
  - 6:00 pm - 7:00 pm
  - Studio A. Kenner
- **Yoga w/ Jul**
  - 6:30 pm - 7:30 pm
  - Keeler Studio

### Thursday 1-9
- **Boot Camp w/ Chelsea**
  - 7:00 am - 7:45 am
  - Studio A. Kenner
- **HiIT w/ Kristy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Pilates w/ Melissa**
  - 11:45 am - 12:30 pm
  - Keeler Studio
- **Barre w/ Tammy**
  - 12:30 pm - 1:15 pm
  - Studio A. Kenner
- **Metabolic Resistance Training w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Indoor Cycling w/ Lexi**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Zumba w/ Dabney**
  - 5:30 pm - 6:30 pm
  - Keeler Studio
- **Tai Chi w/ Lish**
  - 4:30 pm - 5:15 pm
  - Studio A. Kenner
- **Yoga w/ Jul**
  - 6:30 pm - 7:30 pm
  - Keeler Studio

### Friday 1-10
- **Kettlebell w/ Kristy**
  - 11:30 am - 12:15 pm
  - Studio A. Kenner
- **Yoga w/ Jill**
  - 11:30 am - 12:30 pm
  - Keeler Studio
- **Strength w/ Randy**
  - 12:30 pm - 1:15 pm
  - Studio A. Kenner
- **Zumba w/ Tammy**
  - 12:30 pm - 1:15 pm
  - Keeler Studio
- **Indoor Cycling w/ Lish**
  - 5:30 pm - 6:15 pm
  - Indoor Cycling Studio
- **Yoga w/ Jul**
  - 4:30 pm - 5:30 pm
  - Keeler Studio

### Saturday No GX

### Sunday No GX

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For more information, contact Pattye Stragar at pls@andrew.cmu.edu or at 412.268.1235 http://athletics.cmu.edu/fitness/groupx

Please scroll down to view Tepper Fitness Center Class Schedule
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<tr>
<th>Monday 1-6</th>
<th>Tuesday 1-7</th>
<th>Wednesday 1-8</th>
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<tbody>
<tr>
<td>Yoga w/ Jill 12:00 pm - 1:00 pm Noll Studio</td>
<td>Barre w/ Tammy 12:30 pm - 1:15 pm Noll Studio</td>
<td>Yoga 101 w/ Nate 4:30 pm - 5:15 pm Noll Studio</td>
<td>Core &amp; Cardio w/ Nate 12:30 pm - 1:15 pm Noll Studio</td>
<td>Yoga w/ Lish 12:00 pm - 1:00 pm Noll Studio</td>
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<tr>
<td>Balance, Strength &amp; Flexibility w/ Nate 5:15 pm - 6:00 pm Noll Studio</td>
<td>Boot Camp w/ Lexi 4:30 pm - 5:15 pm Noll Studio</td>
<td>Fitness Fusion w/ Chelsea 5:15 pm - 6:00 pm Noll Studio</td>
<td>Yoga w/ Hannah 1:30 pm - 2:30 pm Noll Studio</td>
<td>Yoga w/ Jul 4:30 pm - 5:15 pm Keeler Studio</td>
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<tr>
<td>Yoga w/ Carol 5:15 pm - 6:00 pm Noll Studio</td>
<td>Yoga w/ Jill 12:00 pm - 1:00 pm Noll Studio</td>
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<td>Yoga w/ Jul 4:30 pm - 5:15 pm Keeler Studio</td>
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- Strength
- Barre, Pilates, Yoga
- Dance
- Cardio

**NO Group X classes**

**January 11th or 12th**

**Mini 3 starts Monday, January 13th.**

**No GX January 20th MLK**

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